



Vivante Spa & Wellness Center Fitness Schedule

Vivante Fitness 2022

Monday through Friday 9:30am. In the aerobics room.

Classical Stretch: a free video led class.

Tuesdays and Thursdays 8:00am. In the aerobics room.

Slow Flow Yoga: is taught by Debra Brooks. palmpoweryoga@gmail.com

This class is for all levels. Please bring a mat, yoga blocks, water, and a towel. Cost, \$13 per class, 5 for \$55, 10 for \$100



Barb Robinson, is our Vivante personal trainer. If you would like more information about training please, contact Barb at 941-628-3664 or barbspool@embarqmail.com

Tennis anyone? Contact Leah in the main office or Bob Head about getting started.

Take advantage of where you are living, you have beautiful walking paths in a safe space, there is a nice sidewalk to Ponce Park, Punta Gorda has a free bicycle loaner program, and you have 2 beautiful pools, just to name a few things for your enjoyment.

Please take good care of yourselves and let me know if you have any questions.

Barb Jennings, your Spa Director 941-979-6409