

NCH WELLNESS CENTERS

# AQUATICS

Included with membership or Guest Options (\$15 daily or \$100 for 12-visits)

No advanced registration is required for these aquatic classes:

INCLUDED W. MEMBERSHIP

## MULTILEVEL WATER EXERCISE

WORK ON CARDIO, BALANCE, AND STRENGTH

## STRETCH / BALANCE

FOCUS ON YOGA, TAI CHI, BALLET & STRETCH

## WATER ARTHRITIS

INCREASE RANGE OF MOTION & EASE PAIN

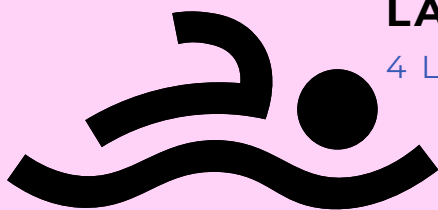
## Aqua Calisthenics

USE RANGE OF MOTION AND WATER RESISTANCE

INCLUDED W. MEMBERSHIP

## LAP LANES

4 LANES, 25-METERS LONG



Wellness@NCHmd.org



(239) 624 - 2765



399 9th St. N, Naples, FL 34102



**NCH**  
Healthcare  
System

**Briggs Wellness**

# NCH WELLNESS CENTERS AQUATICS



to register for an aquatic specialty service,  
contact us at [Wellness@nchmd.org](mailto:Wellness@nchmd.org)

Advanced registration is required for these specialty services:

## SPECIALTY SERVICE

### AQUA BODY PILATES & BOOTCAMP

**MEMBER** | 1-CLASS \$15, 4-CLASSES \$54  
**GUEST** | 1-CLASS \$25, 4-CLASSES \$90

A balance-and-strength based water workout that challenges you to maintain proper postural control and alignment while performing exercises on a water fitness board.

## SPECIALTY SERVICE

### SWIM LESSONS

**MEMBER** | 1-CLASS \$35, 4-CLASSES \$130  
**GUEST** | 1-CLASS \$50, 4-CLASSES \$180

Let our experienced swim instructor Melissa, teach you how to swim. Work on floating, treading water, and forward movement.

Experienced lessons, and private sessions,  
are available by request

**Minimum Age Required**  
12 with parent  
16 without parent



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# VIEW SCHEDULES