





## Fitness with a view at Gallows Point Resort

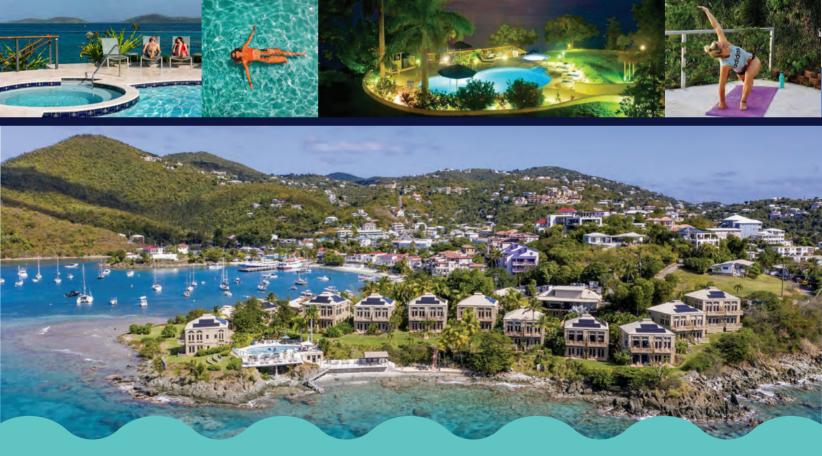


Mat pilates: Tuesdays at 8am Strength and conditioning: Saturdays at 8am

## PERSONAL TRAINING

<sup>\$</sup>100 Availability upon request

Fitness classes will be held on the lower pool deck. Guests, please sign-up with the concierge. Residents, make sure to check in at the Front Desk prior to resort entry.



"Peace, love, and summer vibes!" -Becky Parish, NASM CPT Personal Trainer



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