



Concierge (340-693-7730)

# Fitness with a view at Gallows Point Resort

## GROUP CLASSES

# \$25<sup>00</sup>

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

## PERSONAL TRAINING

# \$100<sup>00</sup>

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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 [@summervibefitness\\_vi](https://www.instagram.com/summervibefitness_vi)

 Summer Vibe Fitness VI