



## Welcome Neighbor

We would like to introduce you to **The Pineville Club** - a world class spa and fitness center located in Clayton, NC, near the intersection of Highway 42 East and Buffalo Road.

Family membership amenities include an indoor state-of-the-art fitness center, an outdoor family pool, an indoor 3-lane heated lap pool, group fitness classes, tennis courts, personal training, and complimentary child care at the Kid's Club.

**The Spa at the Pineville Club** offers a wide range of eco-friendly spa services including aromatherapy massages, stimulating organic facials, refreshing body wraps, and body waxing. Spa services are available to members and non-members.

### Gift Certificates are available!

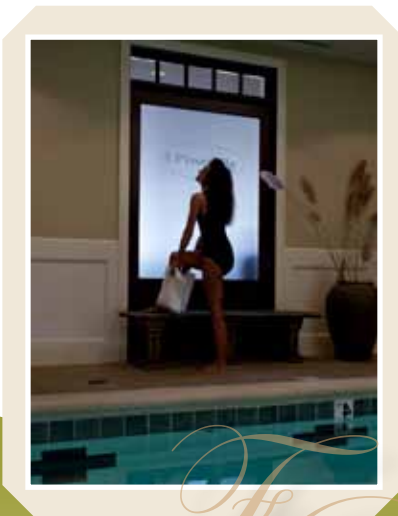
We invite you to visit and tour our facility! Call us at 919-553-1984 for an appointment.

*-The Pineville Club Staff*



**The Pineville Club  
Spa & Fitness Center  
at Flowers Plantation  
120 Flowers Parkway  
Clayton, NC 27527  
919-553-1984**

[www.flowersplantation.com](http://www.flowersplantation.com)



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# Spa and Fitness Center

## Spa Services

Take a deep breath... and let your stress melt away!

Relax your body, mind, and soul at **The Pineville Club Spa**

### Our Services Include:

- Massage Therapy
- Reflexology
- Facials
- Lash/Brow Tinting
- Body Waxing

Spa services are available to members and non-members.

Gift Certificates are available!



## Outdoor Aquatic Programs

- Outdoor Family Pool
- Children's Wading Pool
- Two-Story Corkscrew Water Slide
- Splash Pad with Mushroom Fountain
- Swim Lessons
- Flowers Plantation Swim Team
- Water Aerobics

## Indoor Fitness



- Cardiovascular Training Equipment (including treadmills, elliptical machines, and exercise bikes)
- Resistance Machines
- Free Weights
- Stretching and Flexibility Training
- Complimentary Fitness Orientation

## Group Fitness Classes

- Yoga
- Step Aerobics
- Water Aerobics
- Cardio Kick boxing
- Pilates
- Zumba®
- Body Sculpting
- Core Strengthening
- Tae-kwon-do
- Active Senior Fitness Programs
- and more!



## Personal Training

Our personal training packages are designed to help you achieve your fitness goals.

### One on One Training

Thirty minute 1-on-1 personalized training sessions deliver results and provide you with a sustainable exercise program, support and encouragement to achieve your goals.



### Group Training

Fun results in a supportive team atmosphere! Our group personal training program is perfect for couples, friends and family, and is custom-tailored to accommodate varying fitness levels within your group.

## Kid's Club

Our free Kid's Club with varying activities and outdoor playground allows parents (and grandparents!) to relax and use the club facilities - worry free!



Please call or visit our website today!

919-553-1984

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Mention this brochure to receive a complimentary one week pass to The Pineville Club Fitness Facilities!