

## CONTACT AND SIGN UP

We are located in beautiful Ormond Beach, FL with picturesque views of Tomoka State Park.

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

@platinumormond

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PLATINUM  
health, fitness & yoga



## WELCOME

Framed by the landscape of the serene Tomoka River, Platinum Health, Fitness & Yoga is an exclusive facility specializing in one-on-one customized experiences. Serving the community for nearly a decade, your goals aren't just your priority, they're ours.







## PERSONAL TRAINING

Come experience a completely personalized training session with us. Your first session is complimentary and tailored to your specific needs! We offer a diverse list of programs .

Our exclusive 2,500 square foot facility is spacious, open and bright. We have a fully equipped personal training gym and a yoga studio space with waterfront views. We offer private shower rooms, bathrooms, and changing rooms.

## OUR OPEN STUDIO SPACE

Classes for everyone at any level.

- Yoga classes (both infrared heated and non heated)
- Private yoga and Prenatal yoga
- Fitness classes
- Meditation space

Finding your balance takes flexibility and informed options. From heated power to tranquil restoration, our instructors and clean crisp studio space make it a safe place to put your mat down and grow roots.

## MEDITATION & READINGS

Our meditation services strive to bring you to a calm, peaceful state where you can reconnect to your inner world and free your perspective.

We offer private and group Intuitive Readings, Meditations, Energy Cleansing/ Chakra Alignments and Whole Spiritual Wellness Coaching.