



PD Classes offered by Spaulding in Orleans:

Wellness classes are held here in the Orleans clinic:

Mondays and Wednesdays 4:00-5:00pm

Cost is \$200 for wellness for 14 sessions

HIT PD classes are held at Nauset Fit Co:

Tuesday and Thursdays 10:30am-11:230am

Cost is \$240 for HIT PD for 14 sessions

Both sessions run during the following dates:

1. November 14th 2022 to December 30th 2022
2. January 10th 2023 to February 24th 2023
3. March 6th 2023 to April 21st 2023
4. May 1st 2023 to June 9th 2023

Please email or call if you are interested: 508-240-7203

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