



pier to point
yoga & wellness center

For Our Neighbor
Point Loma Nazarene University

Community ~ Compassion ~ Connection

We are honored and grateful to present this proposal for the staff and students of Pt Loma Nazarene University! My name is Anna Fernandez and I am the Owner and Director of Pier to Point Wellness (The Center) here in Pt Loma. Our mission is to help our clients and community thrive!

We invite you to feel the welcoming, inclusive and joyful spirit of The Center! In addition to your 20-30%+ discount on memberships & classes, we would like to extend a FREE WEEK of UNLIMITED MAT & AERIAL CLASSES & a FREE T-SHIRT to those who visit us before Oct 15, 2022! To sign up for your free week, please either call/text 619-762-9642 or email us at Thrive@PierToPointWellness.com When you arrive for your first class, you can simply show the front desk your PLNU ID.

We offer an abundant variety of classes every day, including yoga, mat pilates, aerial yoga & fitness, rolling (myofascial release) and sound healing! We have offerings for every body and every level, from gentle restorative to power flows and aerial strengthening to healing therapeutics and everything in between! And for anyone who has little ones at home, we even offer children's aerial yoga for ages 4 and up! :)

We are also excited to announce the soft-opening of our spa on October 8th! All clients with memberships will receive spa discounts!

We believe that wellness starts from within and when we're supported by community, compassion & connection, we can create real, lasting, healing change, within ourselves, our communities, and our world!

We look forward to welcoming you to The Center!

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Choose Your Membership
PLNU Students & Staff Receive 20-30%+ Savings
Off Our Regular Prices

MAT & AERIAL MEMBERSHIP OPTIONS

All Memberships Include Unlimited Live-Stream Classes

MONTHLY UNLIMITED MAT & AERIAL MEMBERSHIP

(BEST VALUE!)

Unlimited Mat & Aerial Classes

\$133/month (You save \$408 per year!)

As low as \$4.29 per class!

MINI MAT & AERIAL MEMBERSHIP

4 Mat &/or Aerial Classes/month

\$61/month (You save \$312 per year!)

MAT ONLY MEMBERSHIP OPTIONS

MONTHLY UNLIMITED MAT MEMBERSHIP

Unlimited Mat Classes

\$101/month (You save \$432 per year!)

As low as \$3.26 per class!

MINI MAT MEMBERSHIP

4 Mat Classes/month

\$53.00/month (You save \$288 per year!)

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MEMBERSHIP HAS ITS PERKS

Highest quality instruction from San Diego's most prominent instructors

1 Free Guest Every Month

10% Off Workshops & Events

\$10 Off Massages

\$10 Off Vitamin Shots

15% Off Retail

15% Off at our neighbor Peace Pies

15% Off at our neighbor Phatties Bakery (Gluten-Free Options)

50% Referral Discount (Refer a friend who becomes a member and receive 50% off next month!)

Cancel anytime by emailing Thrive@PierToPointWellness.com

BENEFITS OF A CONSISTENT YOGA & FITNESS PRACTICE

Improves strength, balance & flexibility

Helps relieve back pain & improves posture

Tones, lengthens & strengthens

Helps manage stress and anxiety

Aids in better sleep

Increased mental focus and clarity

Gives you energy & boosts metabolism

Uplifts mood and feelings of well-being & self-esteem

Oxygenates the body and increases blood flow

Benefits heart health

Increases connection to yourself

Connects you with a supportive community

Promotes better self-care

and SO MUCH MORE!

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ADDITIONAL OPTIONS

PRIVATE SESSIONS/ INTRODUCTORY OFFER

4 Private Session of Your Choice: \$400 (You save \$100!)

One Time Offer.

You choose from Yoga, Pilates, Aerial, Therapeutic Rolling, Reiki, Sound Healing, or any combination

AERIAL & MAT CLASSES

10-Pack: \$192 (You save \$48)

5-Pack: \$100 (You save \$25)

Drop-in: \$24 (You save \$6)

MAT ONLY CLASSES

10-Pack: \$184 (You save \$46)

5-Pack: \$96 (You save \$24)

Drop-in: \$20 (You save \$5)



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