

Personal Training

Fees

Single Session

\$50

Packages

\$225 for 5 Sessions

(\$45/Session)

\$400 for 10 Sessions

(\$40/Session)

Small Group Training

2 people - \$30/person

3 people - \$20/person

4 people - \$15/person

Fitness Class

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Fit 8:15-9:15am Curly		Aqua Fit 8:15-9:15am Curly			
			Pilates 8:45-9:45am Richard	Gentle Yoga 8:30-9:30am Shannon		
Pilates 9:45-10:45am Richard		Hatha Yoga 9:45-11:00am Susan		Hatha Yoga 9:45-11:00am Susan	Pilates 9:45-10:45am Richard	Hatha Yoga 9:45-11:00am Susan
	Ladies Lift Weights 12:00-1:00pm Brady		Ladies Lift Weights 12:00-1:00pm Brady			

Aqua Fit – Get a great workout in our aqua class taught by a certified aquatic trainer. It's an hour long and includes a warm-up, cardio and cool down. You do not have to know how to swim.

Pilates – Use controlled movements to tone and strengthen your body, as well as to increase endurance and coordination.

Hatha Yoga – A typical Integral Hatha Yoga class gives a solid foundation in the Classic style of Hatha Yoga including Asana (postures) Pranayama (breathing practice) Yoga Nidra (deep relaxation) and an introduction to meditation. The intent of this style of Yoga is to create a supple and relaxed body, increase vitality and the overall harmonious development of the mind body connection.

Gentle Yoga – is yoga for every person. The focus is on having fun, using the breath to move you through the postures, learning balance mentally and physically and a practice called moving meditation where for a short time in the class we move to music.

Ladies Lift Weights – Working on Balance, Core and Strength, using weights and body weight to develop strength in all areas.