

## Personal Training Fees

**Single Session - \$50**

### **Packages:**

**\$225 for 5 Sessions (\$45/Session)**

**\$400 for 10 Sessions (\$40/Session)**

## June 2018

**Ashland Tennis & Fitness Club**

### Fitness Class Schedule

(classes free to fitness members  
unless otherwise noted)

## Small Group Training

**2 people - \$30/person**

**3 people - \$20/person**

**4 people - \$15/person**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Aqua Fit 8:00-9:00am Curly</b>		<b>Aqua Fit 8:00-9:00am Curly</b>			
<b>Beginner Yoga 8:15-9:30am Susan</b>				<b>Gentle Yoga 8:15-9:15am Shannon</b>		<b>Meditation</b> 1st Sunday of each month \$10 members, \$12 non-members <b>8:30-9:30am Susan</b>
	<b>Ladies Lift Weights 9:00-10:00am Curly</b>		<b>Ladies Lift Weights 9:00-10:00am Curly</b>			
<b>Pilates 9:45-10:45am Richard</b>		<b>Hatha Yoga 9:45-11:00am Susan</b>	<b>Pilates 9:45-10:45am Richard</b>	<b>Hatha Yoga 9:45-11:00am Susan</b>	<b>Pilates 9:45-10:45am Richard</b>	<b>Hatha Yoga 9:45-11:00am Susan</b>

**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.

**Ladies Lift Weights** – Using weights and body weight to develop strength in all areas.

**Beginner Hatha Yoga** - For those new to Yoga, wanting to restart a Yoga practice, or just wishing for an easeful start to the week, come and move through the foundational postures (asana) learn or refresh breathing practices (pranayama) and relax deeply with Yoga Nidra.

**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.

**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. For all levels.