

Personal Training Fees

Single Session - \$50

Packages:

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

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

July 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
	Aqua Fit 8:00-9:00am Curly		Aqua Fit 8:00-9:00am Curly			
Beginner Yoga 8:15-9:30am Susan				Gentle Yoga 8:15-9:15am Shannon		Meditation 1st Sunday of each month 8:30-9:30am Susan
	Ladies Lift Weights 9:00-10:00am Curly		Ladies Lift Weights 9:00-10:00am Curly			
Pilates 9:45-10:45am Richard		Hatha Yoga 9:45-11:00am Susan	Pilates 9:45-10:45am Richard	Hatha Yoga 9:45-11:00am Susan	Pilates 9:45-10:45am Richard	Hatha Yoga 9:45-11:00am Susan
T'ai Chi 4:00-5:00pm Lilibet		T'ai Chi 11:30-12:30pm Lilibet				

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.

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.

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 overall harmonious development of the mind body connection.

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

Gentle Yoga: 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.

Meditation: Once a month Group Meditation Practice. Includes questions, discussion and instruction on meditation practices. Closing with 20-30 min of practice. Drop in fee-based class (\$10/class members, \$12/class non-members).

NEW T'ai Chi: A little bit of the far east is coming to Ashland. The one hour class will be held twice weekly. To facilitate learning, and get maximum benefit, from this ancient Chinese art form it is recommended that participants attend twice weekly. Class size will be limited to 15 and will be on a first come, first serve basis. Drop in fee-based class (\$3/class members, \$8/class non-members).