

## Personal Training Fees

Single Session - \$50

### Packages:

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

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

## 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/pers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginner Yoga</b> 8:00-9:15am Susan	<b>Aqua Fit</b> 8:00-9:00am Curly		<b>Aqua Fit</b> 8:00-9:00am Curly			
	<b>Ladies Lift</b> Weights 9:00-10:00am Curly		<b>Ladies Lift</b> Weights 9:00-10:00am Curly	<b>Gentle Yoga</b> 8:15-9:15am Shannon		<b>Meditation</b> 1st Sunday of each month \$10 members, \$12 non-members 8:30-9:30am Susan
<b>Pilates</b> 9:45-10:45am Richard		<b>Hatha Yoga</b> 9:45-11:00am Susan	<b>Pilates</b> 9:45-10:45am Richard	<b>Hatha Yoga</b> 9:45-11:00am Susan	<b>Pilates</b> 9:45-10:45am Richard	<b>Hatha Yoga</b> 9:45-11:00am Susan
		<b>Tai Chi</b> 11:30 -12:30 Lilibet \$3/class for members and \$8/class for non-members				
<b>Tai Chi</b> 4:00 – 5:00 Lilibet \$3/class for members and \$8/class for non-members						

**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.

**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.

#### **T'ai Chi**

This is an 8-step form of the practice and is just one of the various forms of Tai Chi which she teaches. Class size is limited to 15 and will be on a first-come, first-serve basis.

**Cost for the class is: \$3/class for members and \$8/class for non-members.**

**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** – 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 minutes of meditation practice. Drop in fee-based class: \$10 members, \$12 non-members.

**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