

Fitness Class Schedule Ashland Tennis & Fitness Club

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

(classes free to fitness members unless otherwise noted)

Personal Training Fees

Single Session - \$50
5 Sessions - \$225 (\$45/Session)
10 Sessions - \$400 (\$40/Session)

Small Group Training

2 people - \$30/person
3 people - \$20/person
4 people - \$15/person