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

1. **people - $30/person**
2. **people - $20/person**
3. **people - $15/person**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday  | Tuesday  |  Wednesday  |  Thursday  | Friday  |  Saturday  | Sunday  |
|   | **Aqua Fit**  **8:00-9:00am** **Curly**   |  | **Aqua Fit**  **8:00-9:00am**  **Curly**   |    |   |    |
|   | **Ladies Lift**  **Weights**  **9:00-10:00am** **Curly**   |  | **Ladies Lift**  **Weights** **9:00-9:50am** **Curly**   | **Gentle Yoga**  **8:15-9:15am**  **Shannon**   |   | **Meditation**  **1st Sunday of each month**  $10 members, $12 non-members **8:30-9:30am**  **Susan**   |
| **Pilates**  **9:45-10:45am** **Richard**  |   | **Hatha Yoga**  **9:45-11:00am**  **Susan**  | **Pilates**  **10:00-11:00am**  **Richard**  | **Hatha Yoga**  **10:15-11:30am** **Susan**  | **Pilates**  **9:45-10:45am** **Richard**  |  **Hatha Yoga** **9:45**-**11:00am** **Susan**  |