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** |