

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/person

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Fit 8:00-9:00am Curly		Aqua Fit 8:00-9:00am Curly	Gentle Yoga 8:15-9:15am Shannon		
	Ladies Lift Weights 9:00-10:00am Curly	Hatha Yoga 9:45-11:00am Susan (Zoom)	Ladies Lift Weights 9:00-10:00am Curly			Hatha Yoga 9:45-11:00am Susan
Pilates 10:00-11:00am Ali			Pilates 10:15-11:15am Ali	Hatha Yoga 10:15-11:30am Susan (Zoom)	Pilates 10:00-11:00am Ali	