

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 |
|--|---|---|---|--|----------|---|
| Hatha Yoga 8:00-9:00am Susan (Zoom) | Aqua Fit 8:00-9:00am Curly | | Aqua Fit 8:00-9:00am Curly | | | |
| | Ladies Lift Weights 9:00-10:00am Curly | Hatha Yoga 9:30-10:45am Susan (Zoom) | Ladies Lift Weights 9:00-10:00am Curly | Gentle Yoga 8:15-9:15am Shannon | | Hatha Yoga 9:45-11:00am Susan (Zoom) |
| Pilates 10:00-11:00am Sarah | | Pilates 11:00-12:00pm Sarah | | Hatha Yoga 10:15-11:30am Susan (Zoom) | | |
| | | | | Pilates 12:00-1:00pm Sarah | | |