

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 & swim 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)	Winter Sports Conditioning (Drop-in fee) 10:00- 11:00 Jane 11/6-12/11	
	*Stretching & Balance 11:00-11:45am Jane		*Stretching & Balance 11:00-11:45am Jane	Pilates 12:00-1:00pm Sarah		

*All members are welcome to participate in this class