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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Hatha Yoga**  **8:00-9:00am**  **Susan (Zoom)** | **Aqua Fit**  **8:00-9:00am**  **Janine** |  | **Aqua Fit**  **8:00-9:00am**  **Janine** |  |  |  |
|  | **Ladies Lift**  **Weights**  **9:00-10:00am**  **Gail** | **HathaYoga**  **9:30-10:45am**  **Susan (Zoom)** | **Ladies Lift**  **Weights**  **9:00-10:00am**  **Gail** | **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)** |  |  |
|  | **\*Stretching & Balance**  **11:00-11:45am**  **Jane** |  | **\*Stretching & Balance**  **11:00-11:45am**  **Jane** | **Pilates**  **12:00-1:00pm**  **Sarah** |  |  |