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** |  |  |