

## 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
<b>Hatha Yoga 8:00-9:00am Susan (Zoom)</b>	<b>Aqua Fit 8:00-9:00am Janine</b>	<b>Senior Strength Training 9:00-10:00am Jane</b>	<b>Aqua Fit 8:00-9:00am Janine</b>			
<b>Senior Strength Training 9:00-10:00am Jane</b>		<b>Hatha Yoga 9:30-10:45am Susan (Zoom)</b>		<b>Gentle Yoga 8:15-9:15am Shannon</b>		<b>Hatha Yoga 9:45-11:00am Susan (Zoom)</b>
<b>Pilates 10:00-11:00am Sarah</b>		<b>Pilates 11:00-12:00pm Sarah</b>		<b>Hatha Yoga 10:15-11:30am Susan (Zoom)</b>		
	<b>*Stretching &amp; Balance 11:00-11:45am Jane</b>		<b>*Stretching &amp; Balance 11:00-11:45am Jane</b>	<b>Pilates 12:00-1:00pm Sarah</b>		

\*All members are welcome to participate in this class