

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
	Aqua Fit 8:00-9:00am Janine	Senior Strength Training 8:30-9:15am Jane	Aqua Fit 8:00-9:00am Janine			
Senior Strength Training 9:00-10:00am Jane		Hatha Yoga 9:30-10:45am Susan		Gentle Yoga 8:15-9:15am Shannon		Hatha Yoga 9:45-11:00am Susan (Outside starting 6/1)
Pilates 10:30-11:30am Sarah		Pilates 11:00-12:00pm Sarah		Hatha Yoga 10:15-11:30am Susan		
	*Stretching & Balance 11:30-12:15pm Jane		*Stretching & Balance 11:30-12:15pm Jane	Pilates (suspended 6/1-9/1) 12:00-1:00pm Sarah		

*All members are welcome to participate in this class