

Personal Training Fees

Single Session - \$60

Package:

\$500 for 10 Sessions

(\$50/Session)

Ashland Tennis & Fitness Club

Fitness Class

Schedule

(classes free to fitness & swim
members unless otherwise
noted)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Fit 8:00-9:00am Janine	Senior Strength Training 8:25-9:25am 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 (Zoom)
Pilates 10:30-11:30am Sarah		Pilates 11:00-12:00pm Sarah		Hatha Yoga 10:15-11:30am Susan		
	*Stretching & Balance 11:30-12:30pm Jane		*Stretching & Balance 11:30-12:30pm Jane			

*All members are welcome to participate in this class