

Personal Training Fees

Single Session - \$60

Packages:

\$275 for 5 Sessions

(\$55/Session)

\$500 for 10 Sessions

(\$50/Session)

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 8:30-9:30am Jane	Aqua Fit 8:00-9:00am Janine			
Senior Strength Training 9:00-10:00am Jane	Gentle Hatha Yoga 9:15-10:30am Susan	Hatha Yoga 9:30-10:45am Susan		Gentle Yoga 8:15-9:15am Shannon		Hatha Yoga 9:45-11:00am Susan at Hunter Park
Pilates 10:30-11:30am Sarah		Pilates 11:00-12:00pm Sarah		Hatha Yoga 10:15-11:30am Susan		
		*Stretch & Strengthen ; Movement Basics 5:00-6:00pm Josh		*Stretch & Strengthen ; Movement Basics 5:00-6:00pm Josh		

*All members are welcome to participate in this class