

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, \$5 drop in fee for tennis members)



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	Gentle Yoga 8:15-9:15am Shannon		
Senior Strength Training 9:00-10:00am Jane	Gentle Hatha Yoga 9:30-10:45am Susan	Hatha Yoga 9:30-10:45am Susan		Senior Strength Training 9:00-10:00am Jane		Hatha Yoga 9:45-11:00am Susan via Zoom (outside weather permitting)
Pilates 11:00-12:00am Sarah		Pilates 11:00-12:00pm Sarah		Hatha Yoga 10:15-11:30am Susan Intro to Strength Training 10:15-11:15am Jane (gym)		