

Personal Training Fees:

- Single Session - \$70 1hr
- Single Session - \$35 1/2 hr
- Packages:
\$305 for 5 Sessions (\$65/Session)
\$600 for 10 Sessions (\$60/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 9:45-11:00am Susan	Hatha Yoga 9:45-11:00am Susan		*Senior Strength Training 9:00-10:00am Jane Hatha Yoga 9:45-11:00am Susan		Hatha Yoga 9:45-11:00am Susan via Zoom (outside weather permitting)
Pilates 11:00-12:00pm Sarah	** Strength & Balance 11:30-12:30pm Jane	Pilates 12:00-1:00pm Sarah	** Strength & Balance 11:30-12:30pm Jane			

***ORIENTATION WITH INSTRUCTOR NEEDED IF NEW TO THE CLASS**

**** ALL MEMBERS ALLOWED**