

ADULT FITNESS PROGRAMS

PRIVATE TRAINING FOR ADULTS/YOUTHS

| FITNESS TRAINING | | ADULT | YOUTH (12-17 YRS OLD) |
|---|-------------------|-------|-----------------------|
| PRIVATE TRAINING AVAILABLE BY APPOINTMENT ONLY Each Session is 1 hour | 1 session | \$70 | \$65 |
| | 10 session | \$650 | \$600 |
| SEMI-PRIVATES (TWO PERSONS) Each Session is 1 hour. | 1 session | \$80 | \$75 |
| | 10 session | \$750 | \$700 |

Sessions must be registered and paid for at least 24 hours in advance. Cancellations must be made 24 hours in advance

GROUP CLASS (4 or more)

| CLASS TYPE | Price |
|---------------------------|-------------------|
| • Total Body Conditioning | \$25.00 per class |
| • Aqua Aerobic | \$35.00 casual |

Classes must be registered and paid for at least 24 hours in advance. Cancellations must be made 24 hours in advance

PRIVATE SWIMMING LESSONS

| | |
|---|---------------------------------|
| Lessons are available by appointment only | 30 Minutes - \$75.00 per class |
| | 45 Minutes - \$100.00 per class |
| | 60 Minutes - \$120.00 per class |

Classes must be registered and paid for at least 24 hours in advance. Cancellations must be made 24 hours in advance

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