

ADULT FITNESS PROGRAMS

PRIVATE TRAINING FOR ADULTS/YOUTHS

FITNESS TRAINING		ADULT	YOUTH (12-17 YRS OLD)
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PRIVATE TRAINING IS AVAILABLE BY APPOINTMENT ONLY.
Each Session is 1 hour.

1 session
10 session

\$70
\$650

\$65
\$600

SEMI-PRIVATE (TWO PERSONS) ARE ALSO AVAILABLE.
Each Session is 1 hour.

1 session
10 session

\$80
\$750

\$75
\$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

- Total Body Conditioning
- Aqua Aerobic

from \$30.00 to \$35.00 per class
\$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 - \$95.00 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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