



FITNESS OFFERINGS

Morning Power Walk (*45 minutes*) - Complimentary
Get your morning started off right! Meet at the Swim Shop for an invigorating 45-minute power walk lead by one of our Fitness Instructors.

Pilates (*60 minutes*) - \$20
Participate in our brand new Pilates classes to strengthen your core and improve posture, relieve low-back pain, and improve overall health. Meet at the Swim Shop.

Core and Stretching (*30 minutes*) - \$10
Relax your mind and your body in this 30-minute stretching and core-strengthening routine. Meet by the Swim Shop.

Tennis Stretch, Core, and Cool-Down (*30 minutes*) - \$10
A great cool-down after a morning of tennis! Let our Fitness Instructors lead you through a full-body stretching and core-strengthening routine as you cool down before lunch.

Aqua Gym (*30 minutes*) - Complimentary
Enjoy a fun strength workout in a low-impact environment. Meet by the Swim Shop.

Intro to Fitness (*30 minutes*) - Complimentary
Designed for people who are new to fitness or have been out of the gym for a while and are looking for instruction on proper use of machines and weights. Meet in the Fitness Center. Requires sign-ups 24 hours in advance, touch 4209.

PERSONAL TRAINING

½-Hour Session - \$40
30-minute workout with a Personal Trainer

1-Hour Session - \$60
1-hour workout with a Personal Trainer

1-Hour Buddy Session - \$80
1-hour workout with a friend and a Personal Trainer

Package A (*60 minutes*) - \$60
Includes a Consultation and Professional Recommendations

Package B (*1½ - 2 hours*) - \$175
Includes a Consultation, Fitness Assessment, Program Design, and Walkthrough

Package C (*4 hours*) - \$225
Includes a Consultation, Program Design, and 3 Training Hours

Package D (*6 hours*) - \$350
Includes a Consultation, Fitness Assessment, Program Design, and 5 Training Hours

Package E (*11 hours*) - \$475
Includes a Consultation, Fitness Assessment, Program Design, and 10 Training Hours

Touch 4209 to schedule your appointment.