

Westside Tennis & Fitness

PERSONAL TRAINING

Westside offers private and semi-private Personal Training instruction for members on a per session basis. Our staff assists with short-term goals, monitors your progress and adjusts your training regimen based on your specific needs and long-term goals. Let our Personal Trainers customize a fitness plan for you today! Cancellations must be made at least 24 hours in advance.

PERSONAL TRAINING PRICING (Per Person, Per Session)

Equipment Orientation (60 Min) Complimentary
 Private Instruction (60 Min) \$60
 Private Instruction (30 Min) \$35
 Semi-Private Instruction (60 Min) \$40

Fee-Based Group Exercise Schedule: *Effective 7-7-2015*

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---|--|---|--|------------------------------|
| 7:30 AM | **REFORMER PILATES (30 min / Pilates Studio) | | **PILATES ATHLETIC (30 min / Pilates Studio) | | |
| 8:30 AM | | **PILATES EXPRESS (30 min / Pilates Studio) | | **PILATES EXPRESS (30 min / Pilates Studio) | |
| 9:00 AM | **REFORMER PILATES (60 min / Pilates Studio) | | | | |
| 9:15 AM | **BOOTCAMP (Weight Floor) | | **BOOTCAMP (Weight Floor) | **Mve PILATES (Studio B) | **BOOTCAMP (Weight Floor) |
| 5:30 PM | | | | **BURN & FIRM PILATES (30 min / PILATES Studio) | |
| 6:30 PM | | **BURN & FIRM PILATES (30 min / Pilates Studio) | | | |
| 6:45 PM | | **Mve PILATES (Studio B) | | | |

** Indicates there is a charge for class

PILATES PRICING (Per Person, Per Session)

Mve Pilates Class \$6.25
 60 Minute Private (1 person) \$70
 30 Minute Private (1 person) \$35
 60 Minute Semi-Private (2 persons) \$50
 30 Minute Semi-Private (2 persons) \$25
 30 Minute Group Class (4+ persons) \$15
 60 Minute Group Class (4+ persons) \$30

BOOTCAMP PRICING (Per Person, Per Session)

\$20 - Per Class
 \$150 - Package of 8
 \$260 - Package of 16
 \$350 - Package of 24

Pilates Studio is located in the Fitness Studio.
Studio B is located downstairs off the Fitness Studio.

Please direct your group exercise questions to our Fitness Director,
 Adrian Crosby: Adrian@westsidetennisandfitness.com