

Tennis & Fitness Packages

Couples Taster

- \$ 250 per person

Three 60 minute fitness sessions of choice
+ 1 tennis session

Couples Week

- \$ 400 per person

Five 60 minute fitness sessions of choice
+ 1 tennis session.

**Schedule is subject to
change during busy
periods.**

Fitness Classes		AM	PM
Day			
Monday	Nature Walk (8:30 am)	Weight Training (10:00am)	Intense Abs & Glutes (4:00 pm)
Tuesday			
Wednesday	Nature Walk (8:30 am)	Sand Circuit (10:00 am)	
Thursday		Zumba (11:00am)	Cross Fit (4:00 pm)
Friday		Weight Training (8:30 am)	

Antigua Fitness Pros



The first **Wealth** is good **Health**.
Let us be your **"Whealthy"**
Antiguan Experience.

CARLISLE BAY

Antigua, W.I

Fitness Classes

Sand & Land Circuits
Cross Fit Training
Cardio Training
Resistance Training
Intense Abs & Glutes
Weight Training
Zumba

- **Fitness Classes — \$30 per person**

Kiddie Fitness

Geared towards preparing your child for their tennis career. This will include instructions on warming up , stretching and cool down techniques. **We encourage parents to participate in these sessions to also learn these techniques.**

- Per Child - \$ 25
- Per Child + Parent - \$ 40

Nature Walk Sessions

- Per person - \$20
- Family - \$15 per Adult , \$10 per child (18 & under)

Rates & Packages Personal Training

Personal Training (Just You & the Fitness Instructor)

- 30 minutes - \$ 60
- 60 minutes - \$ 100

Fitness Taster

Three 60 minute Fitness sessions of choice.

- \$260 per person

Fitness Week

Five 60 minute Fitness sessions of choice.

- \$ 430 per person

Feast Your Eye (Specifically for Women)

60 minute workout targeting problem areas.

- 1 session - \$100 per person ,
- 3 sessions - \$260 per person ,
- 5 sessions - \$430 per person

Please let fitness
instructors know
all health issues
and ailments
before
commencing
workouts.

Rates & Packages Personal Training

Trois

Three 60 minute sessions with the Fitness Instructor, doing workout routines specifically geared towards strengthening and shaping your body. **Weight Training. Included.**

- \$270 per person

New Body

Five 60 minute sessions with the Fitness Instructor, doing workout routines specifically geared towards strengthening and shaping your body. **Weight Training. Included.**

- \$450 per person

In and Out

Five 30 minute” sessions that will aim to strengthen , shape and maintain your body doing different varieties of concise exercise routines.

- \$ 250 per person

Semi-Private Sessions

Geared towards family/friend groups who would like to have a trainer for their special circle of fitness enthusiasts. **Groups must comprise of 2 or more persons.**

- \$100 first person + \$60 per additional person