

FT Ashland



200 Butterfield Drive, Ashland MA | Call/Text: 508-438-0050 | BobSavin@FitnessTogether.com

SMALL GROUP TRAINING SCHEDULE

Small Group Training participants all start with a complimentary fitness consultation/intro session.

Book yours today!


Call/Text Bob: 508-438-0050

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM						✓
9:00 AM		✓		✓		
9:45 AM	✓	✓	✓	✓	✓	
6:00 PM	✓	✓	✓	✓	✓	
6:45 PM	✓	✓		✓		

YOGA IS IN THE HOUSE

This small class is perfect for anyone who wants to add Yoga into their fitness routine! Experienced instructor Mary Ellen Kramer joins us on Thursdays at 6:45pm for this small, unique class. Mary Ellen bases the style of the class to the participants ability levels and fitness goals.

Call for details and to RSVP.

THURSDAY	
YOGA 6:45 PM	

Try a class for Free!

Free Pass

This pass entitles you and a friend to join a class together.

New guests/clients only. One free pass per person.
All sessions by appointment, so reserve your space today.

Valid at FT Ashland | 200 Butterfield Drive | Call/Text: 508-438-0050

www.FTAshland.com