

# Speed & Agility

## *8 Week Program Winter Session!*

Increase your speed and agility  
Improve your tennis game

**Mondays & Thursdays**  
**at 10:30am on Tennis Court**  
**December 5<sup>th</sup> – January 26<sup>th</sup>**  
**Workouts are approximately 1 hour**

**Full Class 2x p/wk \$200 members**  
**Half Class 1x p/wk \$120 members**

**Bring a friend...**

**Full Class 2x p/wk \$240 non-members**  
**Half Class 1x p/wk \$160 non-members**

**Spaces limited to 15 per class.**

*2 times a week program with guaranteed results  
Can only make it one of the days..?*

*You still can improve*



Strength



Speed



Balance

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## ***Be prepared to work!***

Please sign up at front desk or see Jen  
Questions [Ethan.Plante@yahoo.com](mailto:Ethan.Plante@yahoo.com)

