

Tennis Flex & Fit

Do you or someone you know want to get back into tennis? Are you new to the game & want to get started?

TENNIS FLEX & FIT is an instructional tennis program that provides tennis drills, conditioning and play in a fun, non-competitive environment. This program focuses on technique, strategy and fitness elements to develop your game & prevent injury.



Tuesdays

7 – 8 am Intermediate
1 – 2 pm Intermediate
2 – 3 pm Advanced Beginner
3 – 4 pm Intermediate / Advanced

***ADDITIONAL CLASS TIMES AVAILABLE ON REQUEST!**

Wednesdays

2 - 3 pm Advanced Beginner



***ADDITIONAL CLASS TIMES AVAILABLE ON REQUEST!**

Thursdays

7 – 8 am Intermediate
8 – 9 am Intermediate
2 – 3 pm Advanced Beginner
3 – 4 pm Intermediate / Advanced

***ADDITIONAL CLASS TIMES AVAILABLE ON REQUEST!**

Fridays

2 – 3 pm Advanced Beginner
3 – 4 pm Intermediate / Advanced



***ADDITIONAL CLASS TIMES AVAILABLE ON REQUEST!**

*****Advanced Registration Required!***** Cost: \$15 member / \$20 non-member

CLASS SIZE IS LIMITED, SO RESERVE YOUR SPOT NOW!

Interested in scheduling your own private group Flex & Fit class?
Contact **Sue Thomas** directly for information: sue.thomas@clubatharperspoint.com