



Lake Norman
Tennis Center

**GET IN SHAPE
AND IMPROVE
YOUR TENNIS SKILLS!**

NEW CLINIC



**SATURDAYS
8:30 - 10:00AM**

COST:
MEMBERS:
\$27 (+ \$10*)

NON-MEMBERS
\$42 (+ \$15*)

GYM & CARDIO TENNIS

OPTIONAL*
30 MINUTE
STRETCH CLASS
AFTER CLINIC

A HYBRID SESSION OF INTERVAL TRAINING. PLAYERS WILL PARTICIPATE IN ON COURT CARDIO TENNIS TRAINING AND STRENGTH TRAINING IN THE GYM. THERE IS AN OPTION (EXTRA PAYMENT*) FOR 30 MINUTES STRETCH CLASS.

LIMITED TO 12 PLAYERS PER CLINIC. TO REGISTER PLEASE CALL THE FRONT DESK AT (980) 444 - 2280 OR EMAIL COACH MARIE AT COACH_CARPENTER@YAHOO.COM