

Tennis Fitness with Kate

SATURDAY // 9-10 AM



- ❑ \$15 PER PLAYER
- ❑ MINIMUM 3 / MAXIMUM 6
- ❑ SIGN UP DEADLINE:
NOON ON THURSDAY THE
WEEK BEFORE EACH SESSION

CONTACT KATE
HOOPCHUK TO
SIGN UP:
(501) 277-9475

Starts September 7th

THIS IS A FITNESS CLASS, NOT A TENNIS GROUP CLINIC - THE FOCUS IS ON FOOTWORK, CARDIO AND STRENGTH TRAINING