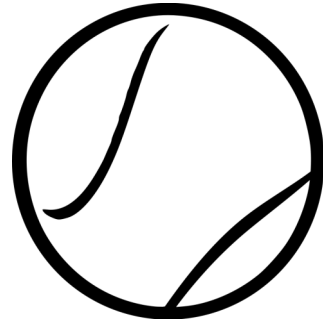








TRX

Fitness Anywhere

TENNIS



-  TRX tennis is a blend of tennis drills and tennis specific exercises using the TRX suspension band.
-  TRX suspension bands are used as a training method for recreation, top athletes, and even military across the globe.
-  With TRX tennis, you'll train movements while working against your own body weight to build fluidity and muscle.
-  This is a challenging, yet fun class that will improve your game and overall fitness! 60min

Meets on court Wednesday mornings at 9AM



Starts October 1
\$10 Per class
No tennis experience necessary