

JUNIOR SPORTS CONDITIONING CLASS

MONDAYS: 5:15PM — 5:45PM

5 WEEK SESSIONS

Call for current session dates
Join in at any time

AGES: 12-18

FITNESS MEMBER \$25
NON FITNESS MEMBER \$45

THIS CLASS WILL WORK ON SKILLS TO ENHANCE YOUR CHILD'S ATHLETIC
PERFORMANCE.

WE WILL WORK ON SPEED, AGILITY AND STRENGTH TO
PERFORM BETTER IN YOUR SPORT



215-536-7600

www.thetenniszone.us