
Heart Pumping Sweat Fest!

Fitness & Tennis Clinic



Saturday, September 18

10-11:30am

Get ready for a NON-STOP physically
demanding and HIGH INTENSITY workout!

Details:

4 Courts - 4 Rotations — Blending Fitness and Tennis

Court 9 - Fast Feet and Ground Strokes

Led by Tennis Director, Kevin Conner

Court 10 - Amazing Abs

Led by Fitness Instructor Michelle Evans

Court 11 - Attacking Volleys and Overheads

Led by Tennis Pro, Leo Young

Court 12 - Killer Full Body Workout

Led by Fitness Director, Jeanette Light

Sports drink and Energy Bar Provided

\$25.00

BRSC Members Only

***Limited to the first 20 participants**

Name: _____ Rating: _____

Email: _____ Phone: _____
