



2022 SPRING AGAPE FITNESS PROGRAM

January 18th – June 30th
All Fitness Levels
Group lesson rates: \$18/HR

FITNESS ADULTS

These classes are designed for adults who are looking to develop their tennis game and/or increase their level of fitness. Players will participate in fun drills and exercises designed to keep them moving, improve balance, coordination, strength, and flexibility. Classes are modified to accommodate all fitness levels.

Mondays, Wednesday & Fridays 8:00-9:00 AM
Monday & Wednesday 6:00-7:00 PM

FITNESS JUNIORS

These classes are designed for junior athletes who desire to increase their fitness in order to improve their tennis game. Players will undergo fitness drills designed to rapidly improve quickness, develop footwork, and increase balance, coordination, and flexibility. These classes will help players reach their highest level of potential. Ages 8+

Monday: 5:00-6:00 PM

PRIVATE AND GROUP PRIVATE LESSONS

Recommended for players or specific groups looking for individual instruction.

Private lessons: \$65/HR
Group Private: \$95/HR

IMPORTANT POLICIES:

- *Sign up online at www.agapetennisacademy.com to guarantee spot
- *Online registration closes two hours prior to class start time
- *Payment is required at time of registration
- *Drop-ins for classes will be allowed if minimum number of students has been met
- *Pro Shop will email cancellations and updates

PLEASE REGISTER ONLINE OR
FOR MORE INFORMATION OR PLACEMENT CONTACT FITNESS COACH DANIEL
@ DANIELGAMEZ_90@HOTMAIL.COM