
FALL 8-WEEK TENNIS TRAINING PROGRAM

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|----------------------------|----------------------------------|----------|----------|----------|----------|
| Sessions Available: | starting October 6 th | 4 – 5 pm | 5 – 6 pm | 6 – 7 pm | 7 – 8 pm |
| @ Bur-Mil Park | starting October 7 th | 4 – 5 pm | 5 – 6 pm | 6 – 7 pm | 7 – 8 pm |
| | starting October 8 th | 4 – 5 pm | 5 – 6 pm | 6 – 7 pm | 7 – 8 pm |

Program Details:

- 8 Week Fitness Program
- Pre & Post Personal Fitness Evaluation
- Personalized Fitness work-out
- Ab-Cruncher 20 minute work-out
- Cardio enhancer with speed work
- Strength training at the Precision Fitness Studio
- Pre match stretching routine including 2 minute drill
- Balance frills for timing, agility and coordination

| Fees: | Once A Week Training | Twice A Week Training |
|--------------|---|---|
| | <i>(PTA Students Receive \$40 discount)</i> | <i>(PTA Students Receive \$80 discount)</i> |
| | One on One \$ 520 | One on One \$ 880 |
| | Two Players \$ 360 / player | Two Players \$ 640 / player |
| | Three Players \$ 320 / player | Three Players \$ 560 / player |
| | Four Players \$ 280 / player | Four Players \$ 440 / player |

Registration: Each session is limited to a maximum of 4 players. Spaces are booked on a first come, first serve basis. Please call 336-510-4653 to register today or email Ted with your questions at tbonham@precisiongolfsschool.com.



Precision Training Studio @ Bur-Mil Park
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