

# Balance, Strength & Movement

## *A Tennis-Specific Strength & Conditioning Class*



### Class Description:

- Focuses on balance, core strength, leg strength, scapular stability, endurance and posture.
- This class will be in a circuit format using body weight and simple exercise equipment.
- Postural cues and applicable anatomical information to be given out every session.
- Come and learn helpful exercises and stretches to apply to your own routine and prevent injury on the court!

Class: Aug. 17 - Sept. 7

When: Thursday 6:00 - 7:00PM

Cost: \$60 Members & \$80 Non Members

- Instructed by Nils Gould -PTA & Tennis Instructor, and occasionally by Ralph Bolton tennis instructor and certified personal trainer
- Classes held primarily on stadium court and the gym/conference room
- Unfortunately, classes missed on your own account will not be made up.
- No refund within one week of class start date.

*Sign up at the front desk or call.....  
Shellaberger Tennis Center*

**505.473.6144**  
Shellabergertennis.com

