

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!

When: Thursday 6:00 - 7:00PM

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

Session 1: Sep. 14 - Oct. 5

Session 2: Oct. 12 - Nov. 2

Session 3: Nov. 9 - Dec. 7 (skip 11/23)

- 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.....
Shellabarger Tennis Center*

505.473.6144
Shellabergertennis.com