



While time on the court is indispensable, if you really want to take your game to the next level, you need to take a hard look at your overall fitness.

Strength & Conditioning are the key.

Footwork, balance, core strength, endurance and flexibility are necessary components to reach your goals.

This is where our new, T3 Total Tennis Training, comes in. This 75-minute class will take it all on, including a dynamic stretching warm-up and ending with a controlled cool down.

Registration is weekly with limited space availability.

Meet Matt in the Fitness Center directly after the Saturday Member Only Drills.

Before you know it, you will be ready to hit the court with confidence knowing your fitness level is ready to take on your game!

Saturdays after both MOD's

9:30am-10:45am *and*

11am-12:15pm

\$20/class

(less 10% if combined with MOD)

Space is limited!

**Call 303.232.6272 to
reserve your spot**

MEADOW CREEK

TENNIS & FITNESS CLUB

Meadow Creek Tennis & Fitness Club
6305 West 6th Avenue, Lakewood, CO 80214
303.232.6272 • MeadowCreekTennis.com