

TENNIS SPECIFIC STRENGTH & CONDITIONING

AND PERSONAL TRAINING

WHAT ARE YOUR FITNESS GOALS?



- Boost your speed on the court
- Accelerate match recovery
- Improve joint stability
- Enhance flexibility
- Promote stamina
- Build lean muscle
- Decrease body fat
- Prevent injury



Strength and conditioning is an important part of taking your game to the next level. The ability to improve your in-game skills as well as prevent injury should be a critical component in every player's toolbox. Meadow Creek's Ryan Griffin is a personal trainer who can help you achieve your goals. With 12 years of strength and conditioning experience working with clients of all ages, his goal is to help you to move as pain-free and efficiently as possible, not only on the court, but in everyday life.

Ryan works with both individuals and small groups.
Why not bring your entire tennis team and have Ryan set you up for success on the court?

NEW CLIENT SPECIAL:

Free one hour
evaluation session to
discuss your overall
body condition and
fitness goals



Ryan Griffin, CSCS, MTPS, RacquetFit

to schedule an appointment call:

850.324.3856

or email:

coachryangriffin@gmail.com



MEADOW CREEK
TENNIS & FITNESS CLUB

6305 West 6th Avenue ▪ Lakewood, CO 80214

303.262.6272 ▪ MeadowCreekTennis.com