



## **2020 SUMMER AGAPE FITNESS PROGRAM**

**Tennis- Centric Speed, Agility, Strength, Power, Balance, and Flexibility Classes**

**FOR: Adult and Junior Players of all Ages**

**FOR: All Fitness Levels 1/HR \$18**

**STARTS MONDAY, JUNE 29 – SATURDAY AUGUST 1**

### **Fitness Class: OPEN**

**Adult and Juniors ages 10 and up**

**All fitness levels welcome**

These classes are designed for players who are looking to increase their overall level of fitness, which includes strength, power, and coordination. Players will participate in moderate level speed and agility training, strength building, and power development in order to improve their tennis game.

**Mondays: 6:00-7:00PM Thursdays: 6:00-7:00PM**

**Saturday: 10:00-11:00AM**

### **Flexibility Class: OPEN**

**Adult and Juniors ages 10 and up**

**All fitness levels welcome**

These classes are designed for players who are looking to increase their overall flexibility in order to improve their tennis game. These classes will teach players variations of body control, coordination, and balance, which will provide advancement in players overall level of fitness.

**Mondays: 7:00-8:00PM Thursdays: 7:00-8:00PM**

**Saturdays: 11:00AM-12:00PM**

### **Fitness: JUNIORS**

**Intermediate to Advanced levels of Fitness**

**Juniors aged 8-18**

These classes are designed for junior players who are looking to develop their tennis game and who aspire to play at a high level of competition. Players will participate in moderate to intense speed and agility training, strength and conditioning, drills designed to improve balance and coordination, and flexibility development in order to improve their overall level of fitness. These classes will develop a player's potential by unlocking their athleticism, fitness, and improved technical body movement in order to alleviate risk of injury and gain efficiency.

**Tuesday: 10:00-11:00AM**

**Thursdays: 10:00-11:00AM**

## **Fitness: ADULTS**

### **Intermediate to Advanced levels of Fitness**

These classes are designed for players who are looking to develop their tennis game and increase their level of fitness. Players will participate in moderate to intense speed and agility training, drills designed to improve balance and coordination, and flexibility sessions in order to improve their physique, as well as their tennis play.

**Tuesdays: 8:00-9:00AM**

**Thursdays: 8:00-9:00AM**

## **Speed, Agility, Flexibility: HIGH PERFORMANCE JRS**

### **Must be a part of the Agape High Performance Program**

These classes are designed for advanced players who compete in junior sanctioned tournaments and desire to play tennis at the college or professional level. Players will undergo intense speed and agility drills designed to rapidly improve balance, coordination, and flexibility. These classes will help players reach their highest level of potential. Players must be highly committed to the training process.

**High Performance II:**

**Tuesdays: 11:00AM-12:00PM**

**Thursdays: 11:00AM-12:00PM**

**High Performance I:**

**Tuesdays: 1:00PM-2:00PM**

**Thursdays: 1:00PM-2:00PM**

## **IMPORTANT POLICIES:**

*\*Sign up online at [www.agapetennisacademy.com](http://www.agapetennisacademy.com) to guarantee spot*

*\*Online registration closes at midnight prior for morning classes & two hours prior for afternoon classes*

*\*Payment is required at time of registration*

*\*Drop-ins for classes will be allowed if minimum number of students has been met*

*\*Pro Shop will email cancellations and updates*

**PLEASE REGISTER ONLINE OR EMAIL [INFO@AGAPETENNISACADEMY.COM](mailto:INFO@AGAPETENNISACADEMY.COM)**

**FOR MORE INFORMATION OR PLACEMENT CONTACT COACH JON**

**@ [JBENKFITNESS@GMAIL.COM](mailto:JBENKFITNESS@GMAIL.COM) OR (404) 643-2938**