



2021 WINTER/SPRING AGAPE TENNIS FITNESS PROGRAM

January 4th – May 31st

1/HR \$18 1.5 HR/\$27

EARLY RISERS BOOTCAMP: ADULTS

These classes are designed for players to improve their tennis game and overall level of fitness. Players will participate in fast paced tennis drills focusing on footwork and specific movement patterns. Fun, upbeat music will be a benefactor in this class! Contact jbenkfitness@gmail.com

Tuesdays: 7:00-8:00AM Thursdays: 7:00-8:00AM

SPEED, AGILITY, FLEXIBILITY: JUNIORS

These classes are designed for junior tennis players who desire to improve their physical fitness in order to improve their tennis game. Players will undergo tennis fitness drills designed to rapidly improve quickness, develop footwork, and increase balance, coordination, and flexibility. These classes will help players reach their highest physical level of potential. Contact

jbenkfitness@gmail.com

Tuesdays: 7:30PM-8:30PM Thursdays: 7:30PM-8:30PM

MOBILITY BOOTCAMP: ADULTS

These bootcamps will improve joint mobility and strength to enhance your racket sport activities and overall body movement! These classes will help you recover quicker to play more often, keep you more mobile and agile, help with injury prevention, and strengthen new muscles. These bootcamps will also balance the body for improved sports performance and overall wellbeing. Half the class will be mobility techniques and the other half will be strengthening exercises all using just your body weight. Contact kevinc@agapetennisacademy.com

Mondays: 7:00-8:30AM Tuesdays: 6:30-7:30PM

Wednesdays: 8:30-10:00AM Thursdays: 6:30-7:30PM

Saturdays: 11:00-12:30PM

TENNIS/PICKLEBALL MOBILITY CLASS: ADULTS/JUNIORS 12+

These classes will improve rotation and flexibility to enhance the efficiency of your racket sport swing while creating more power, accuracy, and endurance!

This class will focus on joint mobility throughout the torso while strengthening the core in new ways. Contact kevinc@agapetennisacademy.com

Mondays: 8:30-9:30AM Wednesdays: 11:00-12:00PM Saturdays: 10:00-11:00AM

ONE ON ONE PERSONAL TRAINING:

\$75/HR or \$350/PACK OF 5 HRS

Joint Decompression/Strengthening:

Used to help focus specifically on the client and their need(s). If you have any nagging injuries or certain joint issues (herniated disc, impingement, etc.) and want specific actions to help, this session will be perfect for you. Contact kevinc@agapetennisacademy.com

Personal Training:

Looking for a personalized action plan for you and your body with minimal equipment needed? Learn how to properly strengthen the body to balance it out for the look and feel that you want.

Results include better posture, muscle toning, reduced aches and pains, more energy, and improved sports performance. Contact kevinc@agapetennisacademy.com or jbenkfitness@gmail.com

Virtual Training:

These sessions will be done using Zoom and focus on the specific need(s) of the client. If you have any nagging injuries or certain joint issues (herniated disc, impingement, etc.) and want specific actions to help, these sessions will be perfect for you. Results include better posture, muscle toning, reduced aches and pains, more energy, improved sports performance, and more! Contact

kevinc@agapetennisacademy.com

IMPORTANT POLICIES:

**Sign up online at 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

FOR MORE INFORMATION OR PLACEMENT CONTACT COACH JON

@ JBENKFITNESS@GMAIL.COM OR (404) 643-2938 OR COACH KEVIN @

KEVINC@AGAPETENNISACADEMY.COM OR (978) 202-8032