

The Racket and Fitness Center has two new tennis programs. We are introducing a Get Back Into Tennis Program and a Saturday morning Cardio Tennis Program.



Get Back into Tennis Clinic & Cardio Tennis

@ The Racket and Fitness Center

We have **two great programs starting this week** to get you back into playing tennis and to give you a weekly tennis workout! We hope you'll join us.



Get Back into Tennis Clinic

Starts Wednesday, June 29th @ 6 -7:30 p.m.

For men and women between 3.0 and 3.5 USTA level, this weekly clinic includes 1 hour of instruction followed by 1/2 hour of play. Get back into the game by joining this clinic. Clinic dates: June 29th, July 13th, July 20th, July 27th - cost \$80. Taught by The Racket and Fitness teaching pro Kelly Anchors. [Clinic details](#)

Saturday Morning Cardio Tennis

Every Saturday @ 8 - 9:30 a.m.

Join us every Saturday morning starting on July 2nd for 1 1/2 hours of Cardio Tennis. Get your exercise and tennis fix all at once! This fast pace workout will help you work up a sweat, while you work on your groundstrokes. Taught by The Racket and Fitness Center teaching pro Dana Parziale.

[Cardio Tennis details](#)

[Sign Up Today](#)

Call The Racket and Fitness Center today to reserve your spot. 207-775-6128

The Racket and Fitness Center | 207-775-6128 | [E-mail](#) | [Website](#)

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