

# ANNOUNCING TWO NEW PROGRAMS

## Yoga for Tennis

Instructor: Eric Hinchman  
When: Mondays @ 9:30 a.m.  
Cost: \$15/hour  
Start Date: Jan. 30th  
To bring: Mat or Towel, shoes are optional

All levels class focusing on the muscles and movements unique to tennis. Each class will emphasize the mechanics of a particular stroke or technique. No yoga experience is necessary. Please call or see Eric with any questions.

## Cardio Tennis Clinic

Instructor: Eric Hinchman  
When: Thursday @ 4:00 p.m.  
Cost: \$12/hour  
Start Date: Feb. 2nd  
To Bring: Racquet

All levels class focusing on moving, moving, moving! The ultimate full body calorie burning workout while performing tennis drills. Cardio Tennis is a new, fun clinic featuring drills that include a warm up, cardio workout and a cool down phase. If you want to get in shape and burn calories, Cardio Tennis Clinic is for you!