

# Tennis Conditioning Camp

Mondays at 4pm Feb 6 – Mar 12, (10-14)

Tuesdays at 4pm Feb 7 – Mar 13, (14+)

Want to be a better player? **Improve your balance, footwork, agility, speed, and strength** in this 50-minute weekly session with Certified Fitness Trainers Lori Larocca, Jacklyn Kligis and Coach Matt Wright, USPTR.



**OAK BROOK**  
RACQUET & FITNESS

## Fitness Activities Include:

- \* Agility Ladders
- \* Strength Training
- \* Group Challenges

**\$90 for 6 weeks**

Registration forms available in the Fitness and Junior turnstiles.