

Let's Get FIT!

Join us for **FREE** functional group training!

Players of ALL levels are invited to join into this full body movement experience.

Participants can expect to see improvements in:

- Explosive spontaneous movements
- Length of rally
- Efficient footwork
- Endurance
- Range of motion
- Joint flexibility
- Power generation
- Injury prevention
- Nutrition and hydration



Join us

TUESDAYS & THURSDAYS

6:00 PM - 7:00PM

Questions? Comments?

Contact Coach Marcel at maharley12@gmail.com or
Coach Renaud at renaudalexandre18@gmail.com