



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **“HIGH ENERGY” TENNIS FOR ADULTS**



**Monthly Registration\***: February, April, May, September (9<sup>th</sup>), October & November

\*Must be made by the Wednesday before the month begins. Minimum of 5 participants needed to make the class.

**Fee**: Monthly \$80.00

**Day & Time**: Saturdays 9 am-10 am

**Location**: Remington Park Tennis Complex

- Participants consistently elevate their heart rates into their aerobic training zone.
- Short cycles of high intensity workout and periods of rest, almost like interval training.
- It is fun, group activity where adults or teens of all abilities enjoy tennis together.
- While you are playing tennis, the focus is primarily on getting a great workout.

**You naturally improve your game because you hit so many balls and repeat various shots.**

**For more information contact Danyelle Copeland by text 229-221-0936**



It is the mission of the Thomasville YMCA to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Financial assistance is available. Please see member Services for details.