



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

“HIGH ENERGY” TENNIS FOR ADULTS



Monthly Registration: Prior to first Saturday of each month

Fee: Monthly \$70.00

Day & Time: Saturdays 9am-10am

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 or Greer Cox @ 229-226-0133 (YMCA)



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.