



# BALL MACHINE BOOTCAMP

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**TUESDAYS & THURSDAYS**

**| 5:30 - 6:45 PM |**

\$15 per class -or- Purchase a 4 Pack Punch Card for \$48  
Minimum of 6 participants required to class to make

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## **Interval Training - Workout Stations**

Whole body workout specifically related to tennis

Ball Machine Drills - Stair Steps - Jump Ropes

Agility Ladders - Bands - And Much More!

Questions? Contact Becky Opoien - 602.703.2375, [bopoien@romega.us](mailto:bopoien@romega.us)

**Book on the Kourts App -or- Call the Pro Shop 706-236-4490**

100 Match Point Way NE, Rome GA 30165 - - - [rometenniscenter.com](http://rometenniscenter.com)