PUSH

PULL

SQUAT

STROKE

CORE

SPEED

DRILLS

SKILLS

MOBILITY > INTERVAL WORKOUT STATIONS > AGILITY

COACH SCOTT KIDD & MILLIE LOCKLEY

RAPID ACTION DRILLS

ROME TENNIS CENTER RTC at Berry College

Wednesdays

6:00-7:30pm > $15/Class

Kourts

Advance Registration Required by 3pm

We must have at least 4 for the class to make

Book on the Kourts App or Call 706-236-4490

100 Match Point Way NE - Rome, GA 30165 ~ www.rometenniscenter.com