



BY STRIESFELD SPORTS & ENTERTAINMENT

FALL 2019

OFF COURT TENNIS TRAINING PROGRAM

Wednesday 7:00 – 7:45pm

CARDIO ~ SPEED ~ AGILITY ~ STRENGTH ~ CORE

Take your game to the next level with the BARC Off Court Training Program!

Designed for players that are training in BARC competitive programs: Orange & Green Ball Advanced, Challengers, Advanced Challengers, & Champs/Supers.

8-week program registrations are customized for the individual within personal parameters and exercise difficulty depending on age and initial assessment.

Fall 2019 Off Court Training Session Dates

Session 1 & 2: Wednesday's August 28th thru October 16th
&

Session 3 & 4: Wednesday's October 23rd thru December 18th
NO Class Nov. 27th

8 Week Registration

ONLY \$79 BARC Members or \$129 Non-Members



Register Online www.BayAreaRacquetClub.com

or call: 281-488-7026.

E-Mail: RamonG@bayarearacquetclub.com