

NEW CLASS ANNOUNCEMENT

CORE & MOBILITY

EXCLUSIVE TO LOUISVILLE TENNIS CLUB

INSTRUCTED BY

Taylor Ekman

\$10 PER CLASS
FOR MEMBERS
\$15 NON-MEMBERS

BEGINS
JAN 10

30 MINUTE CLASSES

focusing on

CORE STRENGTH | STRETCHING | MOBILITY

TUESDAYS 5:00 PM

WEDNESDAYS 10:15 AM

Tuesday's class will be held in the group exercise room.

Wednesday's class will be held in the 2nd floor gym rear training room.

Sign ups can be made on the app in advance or by texting Taylor at 919-669-8911.

Drop ins are also welcome - 12 person limit.



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