

MOVING FORWARD with **THRiVE Through Tennis Foundation**

ADAPTIVE TENNIS

May 7 — May 28, 2022 (Saturdays)

12:30—1:00 Fitness Class*

1:00—2:00 pm Tennis Class

\$80 per 4 week session (tennis + fitness)

\$60 per 4 week session (tennis only)

Ages 8+

* Fitness Class: 30 minute session includes exercises to improve overall strength, flexibility and balance. Program is taught by a Certified Personal Trainer with specific training in adaptive fitness for clients with special needs.

Call today to register: 440.838.5600

Programs for adults and children with physical, cognitive, emotional or social disabilities and challenges.



THRiVE . . . for tennis, fun, fitness & health!

www.thrivetennis.org

Center Court Tennis Club . 1 Eagle Valley Court . Broadview Hts., Ohio . 440.838.5600