

*Complimentary Fitness Classes
for Liberty Adult Tennis Players!*

POWER UP YOUR TENNIS

Member Appreciation Month | Register Now

Foam Rolling for Tennis Recovery **Friday, July 12 | 12-12:45pm**

Foam rolling is a form of self-myofascial release. This self-administered massage technique uses pressure to alleviate tension and tissue adhesions or “knots” in muscles and fascia. This class will focus on recovery after playing tennis.

Stretch & Flex Yoga for Tennis **Monday, July 15 | 5-5:45pm**

This yoga class targets activation, lengthening, and release of the muscle groups most used in tennis. Focusing on the hips, knees, shoulders, and spine, this class will include some flow work at the start and at the end of class.

Strength Training for Tennis Players **Saturday, July 20 | 9:30-10am**

Strength class is focused on one goal: helping participants get stronger. Focused on functional, whole-body exercises to help promote strength and lean muscle with no running or jumping, this class is geared specifically toward tennis players and is suitable for all fitness levels. The small class size will ensure participants receive personalized instruction and appropriate exercise selection, based on individual needs and abilities.

Yoga for Tennis Players **Sunday, July 28 | 11:30am-12:30pm**

A popular style of yoga in which the breath is synchronized with a flowing sequence of postures, Vinyasa challenges and empowers participants to realize the connection between breath and core strength. This class will be geared towards tennis players.

