



Tennis Conditioning Program

Cost:

Member \$82.50
Non-Member \$99.00

What:

11-Week Program

30 minutes of strength, conditioning, speed and agility training

Where:

All Training will be held at
[Valley Athletics](#)
720 E. Shady Ln. Neenah

When:

Mondays 7:15-7:45pm
Tuesdays 6:00-6:30pm
Thursdays 6:00-6:30pm

August 31st-November 15th
(No Lessons Sept. 7th)

Registration:

Register at the front desk of Valley Athletics.

Minimum of 6 participants for program to run.



Tennis Pro Scott Meixl and Personal Trainer Rich Roehrick at Valley Athletics have teamed up to create a Tennis specific training program for Advanced Tennis Players.

This program will consist of 30 minutes of Training that will include strength, conditioning, and agility with focus on Tennis specific movements. Best if combined with the Valley Athletics Tennis Program.

We are very excited to be offering this opportunity to all Fox Valley athletes! Please share this with all interested!

**Questions, Contact
Scott Meixl**

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