

Do you have the
DRIVE to Improve?

Do you want to become
More Competitive?

Professional trainer Mr. Darrell Miles offers an extensive athletic program special designed for tennis players.

- ~ Increase Footwork Speed ~
- ~ Increased Court Endurance ~
- ~ Improved Shot Strength ~
- ~ Prevent Injury ~

So you can dominate the courts

If you want to compete at a higher level in HLTA or USTA, this program is right for you. This is a small group training program designed for Men and Women, singles and doubles players.

DOMINATE

Tennis Training Program



Grab your doubles partner and commit to improvement.

Can't attend on Tuesday/Thursdays?
Find three friends and we will schedule a class time just for you.

Dates: Session I: January 10 – February 2
Session II: February 7 – March 1
Group meets twice a week for four weeks

Days: Tuesdays and Thursdays

Times: 4:15pm—5:15pm or
7:15pm - 8:15pm

Fee: \$160

Call 281-348-2205

 **KINGWOOD**
FITNESS & SPORTS CENTER