

VS&F Tennis Express

October 9th – December 17th, 2017

Perfect for Beginners & Restarters

Starting at level 0? Tennis Express is for you! For adult first-timers, beginners, and restarters that want to **learn to play tennis in an easy, fast and fun way.**



Start Playing from Your First Session

With a few simple exercises, you can start playing from the first session. Also, you'll **burn calories, improve your skills**, meet new people, learn something new and have fun!

Schedule:

Mondays 10:00 am
Tuesdays 7:00 am
& 8:00 pm
Saturdays 8:30 am

Learn the Fundamentals from a Pro

Throughout the course, you'll learn all the strokes, tactics, and rules, and keep getting better as you do.

Program Costs for Tennis Express or Cardio Tennis:

1 hr. for 10 weeks:
\$199 for members
(\$299 non-members)

1 hr. for 5 weeks:
\$99 for members
(\$149 non-members)

**Limited enrollment.
Sign up now!**

Akhnaton (Paco) Aguilar:

Professional tennis coach with 19 years experience. Former professional tennis player in Mexico. Certified professional tennis coach by Professional Tennis Registry (PTR) and the International Tennis Federation (ITF).

VS&F Cardio Tennis

October 9th – December 17th, 2017



**Get Fit
Improve Your Game
Make Friends
Have Fun!**

Schedule:

Mondays 7:00 am
Wednesdays 8:00 pm
Fridays 10:00 am
Sundays 9:00 am

Try something new! This program is for everyone, not just tennis players. Get a great cardio workout and develop tennis skills. Burning calories has never been this much fun!



VERMONT
SPORT & FITNESS CLUB

with

Tennis  Aguilar

Register at:

Vermont Sport & Fitness Club
40 Curtis Ave, Rutland, VT 05701
(802) 775-9916 • vsandf.com
ddoenges@gmail.com



VERMONT
SPORT & FITNESS CLUB

VS&F Tennis Express & Cardio Tennis Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Mobile Phone _____ Home/Work Phone _____

Email _____

Full session: 10 weeks—October 9 – December 17, 2017

1st half: 5 weeks—Oct 9 – Nov 12, 2017

2nd half: 5 weeks—Nov 13 – Dec 17, 2017

VS&F Tennis Express (Beginners & Restarters)

(Check desired time)

Mondays 10-11 am

Tuesdays 7-8 am

Tuesdays 8-9 pm

Saturdays 8:30-9:30 am

VS&F Cardio Tennis

(Check desired time)

Mondays 7-8 am

Wednesdays 8-9 pm

Fridays 10-11 am

Sundays 9-10 am

(Check full or half session)

Program Cost

Member

Non-member

Full session

\$199

\$299

1st half

\$99

\$149

2nd half

\$99

\$149

(Three-person minimum to run program)

Enrollment limited. Return this form with your payment to:

Vermont Sport & Fitness Club, 40 Curtis Ave., Rutland, VT 05701

Questions? Call or email Dan Doenges, (802) 775-9916, Dan@vsandf.com