



WOOD VALLEY

Try Tennis Monthly Program

This FREE month long program introduces members to the benefits of tennis. No experience? NO PROBLEM!!!

Beginning week of March 11th

Class times: Monday's 7pm to 8pm

Wednesday's 10am to 11am

Thursday's 6am to 7am

Contact Kris Dubach at

kdubach@genesishealthclubs.com with

questions and to sign up

Benefits of Tennis:

Cardio interval training

Fun way to lower body fat

Increase Balance and Agility

Boost to Metabolism

Increase critical thinking and problem solving skills (Train your Brain)

Boosts immune system

Flexibility

Its social, far more fun to play with others

Amazing way to relieve stress