

# OPEN WORKOUT

UNLEASH YOUR TENNIS POTENTIAL  
WITH FUNCTIONAL MOVEMENT!

OPEN TO ALL SKILL LEVELS!

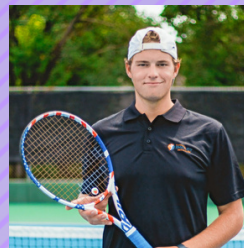
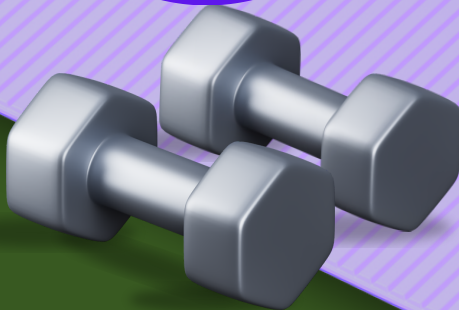
## — SPECIALS —

SIGN UP FOR YOUR  
FIRST CLASS AND  
BRING A FRIEND  
FOR FREE!

STARTING OCT 24TH

TUESDAYS

7:00-8:00 AM



JACOB HEER

TENNIS INSTRUCTOR



CHESLY GAY

FITNESS INSTRUCTOR

### REGISTRATION INSTRUCTIONS:

1. DOWNLOAD THE **IMPACT ACTIVITIES TX** APP
2. SELECT DRILLS
3. SELECT FRETZ AS YOUR LOCATION
4. PICK A DATE ON THE CALENDAR
5. SELECT THE CLASS AND REGISTER

