

Power Up YOUR Tennis!

Whole Body Movement Training to Increase Your Power with Less Physical Stress

- Improve power and strength
- Better coordination
- Reduce injuries
- Less fatigue
- More agility



What to Expect/Our Goals:

- Discover how an effective 10 minute warm up Powers Up your game
- Learn an efficient 15 minute daily exercise routine
- Integrate through practice individual & general tips for better performance

Presented by Anita Luck, Movement Specialist

Anita Luck is an advanced Movement Specialist working in the fitness field since she stepped off the stage as a professional ballet dancer in 1988. Educated as a Fellow of Applied Functional Science at the Gray Institute, Anita is highly experienced as a Personal Trainer as well as a Pilates, Barre and Pelvic Floor Instructor. Anita teaches group exercise classes and one-on-one training, inspiring class participants and clients to achieve more than they thought possible. With a proven track record, Anita will help you recover from aches and pains, past injuries, post-surgical rehab, and chronic conditions; and, she will improve your performance in daily activities or sports.

Cost: \$125 for 4, 1-hour classes, which includes a 3-month subscription to video of exercises practiced in class

Dates: 4 Wednesdays: Oct. 19, 26, Nov. 2, 9

Time: 6:30 – 7:30 pm @ Performance Health Center

(Can't make the workshop? Try one-on-one sessions: AnitaLuckMovement@gmail.com)