

TENNIS PROGRAM

TRAVIS FITNESS CENTER



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550 Travis Avenue Bldg 434
424-2008
www.TravisFSS.com/gym



U10 TENNIS

(Kids Under 10 Years Old)

This program was designed to make tennis easier for children aged 10 and below:

-  **GROUP LESSONS:**
\$60 for 4 (45-60 min) Sessions
-  **BUDDY LESSONS:**
\$35 for 4 (60 min) Sessions
-  **PRIVATE LESSONS:**
\$35 for 4 (60 min) Sessions

Hours:
Mon-Fri: 6:00am to 8:00pm
Sat-Sun: 8:00am to 6:00pm

After Hours Access Available*
*Must register prior to use, see front desk for details.





GROUP LESSONS (min. 8 / max 15 students):
 \$60 for 4 lessons, Youth Tennis per month, per group (Ages 10 & below) \$74 for 4 (60 min) lessons, Teen Tennis, per person (Ages 11-17)
 \$95 for 4 (60 min) lessons, Adult Tennis, per person (Ages 18 & up)

BUDDY LESSONS:
 \$35 for 4 (60 min) lessons, Youth Tennis, per person
 \$50 for 4 (90 min) lessons, Teen Tennis, per person
 \$60 for 4 (90 min) lessons, Adult Tennis, per person

PRIVATE LESSONS:
 \$35 for 4 (60 min) lessons, Youth Tennis, per person \$50 for 4 (90 min) lessons, Teen Tennis, per person \$60 for 4 (90 min) lessons, Adult Tennis, per person

**Winter
Schedule**
 Sept – May

***For Private lessons,
please contact instructor***
 Rafael Carbungco
 707-853-3993

Tuesday	Wednesday	Thursday
1000-1100 Group Lessons (Adult)	1000-1100 Group Lessons (Adult)	
1130-1230 Cardio Tennis (Adult)	1130-1230 HITT (Adult)	
	<u>Coming Soon</u> 1345-1445 Group Lessons (Kids)	<u>Coming Soon</u> 1530-1630 Group Lessons (Kids)
		1700-1800 Group Lessons (Adult)



OTHER TENNIS PROGRAMS

High Intensity Interval Training + Tennis (HIITT)

High Intensity Interval Training alternates between high-intensity and low-intensity exercise. For example, sprinting for 30-seconds, then walking for 60-seconds is high intensity interval training.

Cardio Tennis

Cardio Tennis is a high energy fitness that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

