

# FIT 2 HIT

**When:** Starts Tuesday May 9th  
**Tuesdays: 6:30—8:00pm**  
**Sundays: 8:00—9:30am**  
7 week session

**FAQ:** Drop-in rates available  
Member discounts available

**What:** Fit 2 Hit is an hour and a half class designed to improve your on court and overall physical stamina.

- This class will have a great combination of tennis drills and fitness!
- 45 minutes on court, 45 minutes of plyometric and dynamic fitness
- BMI assessment with a personal trainer/ fitness guidance
- Helps improve your tennis game and overall strength!

For more information [tennis@mtvac.net](mailto:tennis@mtvac.net) or (703) 360-7300



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