



Net Fitness



NET – Nutrition Exercise Tennis with Chris Dudeck

Health and Fitness Program

A new year, a new you! Start your 2015 off right with a tennis inspired health and fitness program lead by Chris Dudeck. Whether you are in need of a lifestyle change or simply a way to get out of that holiday junk food funk, Net Fitness will help you start the year off right!

January Weekly Program Includes

2 Days of Cardio Tennis

1 Gym Day

Nutritional Guidance & Tracking



NET Fitness Meeting Monday Dec. 29 8:00pm

Weekly Program Options for the Month of January:

#1 Cardio Tennis Tue & Thur 8:30-9:30 am / Gym Sat 9:30-10:30 am

#2 Cardio Tennis Tue & Thur 7:30-8:30 pm / Gym Sat 9:30-10:30 am

(minimum 5 participants per option)

Registration for the full month January:

Before 12/25 Mem \$245 - Non-Mem \$315

After 12/25 Mem \$285 - Non-Mem \$355