

# Tennis!

Go for the fun,  
Get the fitness.

Leagues Forming  
**NOW!**

Classes and Leagues are forming now, whether you just want to get into better shape, or you want to go for the trophy, we have everything you need. Call today for classes, days & times.  
**Don't be left out.**

We have something for every age and any skill level.

USTA Adult  
USTA Senior  
USTA Super Senior  
Junior Program  
Pee Wee Tennis  
Academy Camp  
Tennis Camp  
Private  
Lessons

Call The  
Tennis Office  
Today!  
**801-261-3426**

# SWIMMING SEASON IS HERE!



## Any Age! Any Level!

All of us here at the aquatic center are so excited at all of the new and renewed interest in the swimming training programs. If you have ever wanted to train for competitions, meets, triathalons or just to get into great shape, this season is the season for you to achieve your goals.

Parent's & Tot's  
Youth ages 3-15  
Competitive swim ages 5-15  
Masters swim team ages 18 & Up  
Private swim lessons.

Call Amy Hadley Today!  
**801-261-3426 X 117**



Supports  
**Golden Gloves**



**Thank You  
to all who participated.**

1-801-261-3426

[www.thesportsmallgroup.com](http://www.thesportsmallgroup.com)  
THE SPORTS MALL NEWSLETTER

# Power Plate Acceleration Training.

Put Some Power into your life!



Some of the many benefits of Acceleration training include; Strengthening bones and muscles, increased flexibility, reduce pain and soreness, weight loss, improve balance, core conditioning and stability, improve circulation, increase collagen production and increase muscle power.

If you suffer from osteoporosis, arthritis, low back pain or fibromyalgia, power plate is a safe low impact strength training method to help reduce pain and strengthen bones and muscles.

## Group Fitness

The group fitness programs available are designed to be very social as well as very fun.

All classes are free for all members, and we provide all the equipment so there is no need to purchase any, and we can't wait to see you and all your friends.



**Water Fitness, Senior Fitness  
Yoga, Spin Classes  
Body Balance, Lift Class**

**Call Today for times!**

**Peggy Schultz-Beck 1-801-243-6380.**

**Ages 12 and Up.**

**95 classes a week free for members,**

**Monthly passes available for non-members.**

**Classes forming now!**

**Cardio+,  
Core,  
Flexibility & Massage,  
Total Body Strength  
& Conditioning,  
Senior Fitness.**

**Call**

**Kim Hymas @ 801-931-9985  
Jenny Murphy @ 801-842-7782**

## Sand Volleyball!

Exciting Sand Volleyball leagues are forming now.

Call Kenny

or

Bryson

@

the

sports mall

to reserve

your spot.

Call 1-801-261-3462



## Summer Camp!

If your child thinks that the T.V. is a family member, we may have the cure. With our amazing array of programs, there is one that will suit you. Daily programs are designed to keep your child excited and engaged with new friends their own age.

**Sports Camp, Adventure Week,  
Krafty Kids, Imaginations Week,  
Boys will be Boys,  
For Girls Only.**

Call Heather Hansen 801-261-3462 X 112  
For more information and schedules.  
(For kids ages 5 to 12)

**Get some results!  
And get a head start on the season.**

## Boot Camp!

Do something new and motivating for yourself. **Change your routine** and get some results for your hard work and time. Make exercising exciting, fun and new every time you come in and lose weight and get in shape at the same time.

**BOOT CAMP** includes plyometrics, cardio drills, boxing and exercises using your own body weight as resistance.

**You'll be amazed at the difference!**

Call Holly Zinn CPET 801-897-8088