



The Delray Beach Tennis Center presents:

BUDDHA TENNIS!
A tennis/yoga experience!

This mind/body workout will:

- improve your flexibility
- sharpen your attention
- prevent injury
- improve your tennis game



When: Tuesdays 5:30 pm

Where: Delray Beach
Tennis Center

Cost: \$12.00 per class

Sign-up:

Delray Beach Tennis Center
(561-243-7360)

*Bring your tennis racquet and a yoga mat!