



FITNESS
INSTITUTE®

Fitness Institute Tennis Programs Winter / Spring 2012

Fitness Institute
2235 Sheppard Avenue East
Toronto, ON, M2J 5B5
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www.fitnessinstitute.com

Online Court Booking – www.gigasports.biz/d/2029/lgn2029.asp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am	Green	Green	Green	Green	Green		
8:00 am							
9:00 am							
10:00 am	Purple		Purple		Blue		
11:00 am	Purple	Purple	Purple	Purple	Blue		
12:00 pm	Yellow	Purple		Purple			
1:00 pm	Yellow						
2:00 pm							
3:00 pm						Light Green	
4:00 pm	Dark Red	Dark Red	Dark Red	Dark Red	Dark Red	Light Green	
5:00 pm	Dark Red	Dark Red	Dark Red	Dark Red	Dark Red	Light Green	
6:00 pm			Yellow			Light Green	
7:00 pm				Red		Light Green	Purple
8:00 pm				Red		Light Green	Purple
9:00 pm							Purple
10:30 pm							

A	Adult Camp	For further information click - http://www.fitnessinstitute.com/tennis/adult-summer-camp/ .	
I	Social Doubles	\$5 per Player	4 Players minimum, 2 nd court available for an additional 4 Players.
I/A	Club Teams	Contact Marc Irman (Tennis Director) at tennis@fitnessinstitute.com for details.	
B/I	Early Morning Doubles	\$2.50 per Player	4 Players minimum (2 nd court available for an additional 4 Players).
I/A	Competitive Doubles	\$15 per Player	7 Players minimum, includes on court Pro.
B/I	Stroke of the Week	\$20 per Player	Based on a minimum of 4 Players.
A	Junior Weekend Rec Program	For further information - http://www.fitnessinstitute.com/tennis/jr-weekend-rec-program/ .	
A/E	Toronto Tennis Academy	Contact Peter Cameron (TTA Director) at torontotennisacademy@rogers.com	
B – Beginner ◦ I – Intermediate ◦ A – Advanced ◦ E – Elite		Please reserve programming online or through Front Desk 48 hours prior.	