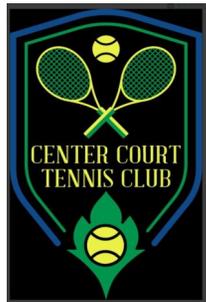


Center Court Tennis Club is a 5 court indoor tennis facility located in Broadview Hts, Ohio.

CCTC offers group and private tennis instruction for juniors and adults, as well as USTA Leagues, pickleball, monthly social events and UTR tournaments.

Our dedicated and professional team of coaches and staff look forward to seeing you on the courts!

CENTER COURT TENNIS CLUB
tennis, fun, fitness and health



Center Court Tennis Club
1 Eagle Valley Court
Broadview Hts., OH 44147
440-838-5600
www.centercourttennisclub.com

CCTC
TRAINING  FITNESS
ADULTS AND JUNIORS



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BOJANA SOLJAGA



American Council on Exercise
Certified Personal Trainer

MEET BOJANA (bo-yahna)

Bojana's passion for sports and fitness began at the age of 5. As a teen, she played for the Serbian Women's National Basketball Team and won two team National Basketball Championships. She went on to receive an athletic scholarship to play NCAA D1 basketball.

As an American Council on Exercise Certified Personal Trainer, Bojana has been helping her clients reach their fitness goals since 2011. She has helped hundreds of people lose weight and change their lifestyles.

Her specialties include personalized fitness program design, pre/post natal fitness, functional training, and small group fitness training.

Bojana believes that we should be challenged daily to reach our full potential. She has a gift for motivating individuals to reach their highest potential and looks forward to supporting you on your journey

Bojana, BOKI Fitness
American Council on Exercise Certified Personal Trainer
bojanabokifitness@gmail.com
440-915-4316

TENNIS SPECIFIC TRAINING and FITNESS

30 minute sessions for *junior or adult players* \$15 per person

Improve your game with training designed specifically for tennis players. Tennis requires not only technical skill, but a blend of endurance, strength, speed, agility and flexibility. Making sure muscles are strong and the body is flexible are keys to performing well and preventing injury.

Bojana's extensive knowledge of fitness and tennis enable her to create unique workouts to improve your performance on the court, while minimizing injuries.

Classes include the use of free weights, body weight, stability ball exercises and other equipment.

Core strengthening will focus on your abdominals and back muscles. A strong core is essential for stability and balance.

Strength training will strengthen your shoulders, arms and legs to add power to your serves and groundstrokes.

Flexibility and Agility exercises will increase your range of motion in your shoulders, hips, back and knees, as well as speed and court movement.

STRETCHING and RECOVERY SESSIONS

30 minute sessions for *junior or adult players* \$15 per person

These sessions will help your body recover more quickly. Sessions include stretching, foam rolling and gentle exercise.

PERSONAL and SMALL GROUP TRAINING

45 minute sessions for *junior or adult players* (contact Bojana for pricing)

Individualized and small group sessions include a review of your overall health profile, fitness level, body type and individual goals.

To help you to reach your personal goals, Bojana will design a unique, functional training plan that will include cardio, strength and flexibility.

TO REGISTER:

Sessions are *by appointment only* to ensure optimal group size. Appointments can be scheduled weekday and weekend mornings and evenings. Sessions are also available 30 minutes prior to and immediately following junior and adult drills. *You MUST pre-register* with Bojana to attend any session.

Begin your journey! Call/Text Bojana 440-915-4316

