



**Tucson Racquet
& Fitness Club**



**BUILD STRENGTH, SPEED, AND
CONFIDENCE ON COURT**

**SERVE & STRENGTH
WITH JAY**



OUR GOAL

Our promise is to push you to become stronger, faster, and tougher every time you step on court. Our training goes beyond just fitness. We focus on building complete athletes who move with purpose, react with speed, and compete with confidence. Every session is designed to challenge your body and sharpen your mind, preparing you for every point, every rally, and every match.

OUR FOCUS

- ✓ Agility – Develop lightning-quick footwork to change direction and chase down every shot.
- ✓ Movement Skills – Master efficient, explosive movement patterns that give you an edge on court.
- ✓ Power Training – Build the strength and explosiveness needed to hit harder, move faster, and stay resilient through long matches.

FOR ALL AGES

- ✓ Kids – Building coordination, balance, and fun movement habits.
- ✓ Teens – Developing strength, speed, and athletic confidence.
- ✓ Adults – Enhancing power, mobility, and endurance to stay competitive and injury-free.

STRONGER, FASTER, TOUGHER



**CONTACT US
612-963-5991**



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OUR PROGRAMS

YOUTH ATHLETIC DEVELOPMENT

✓ 8-11 yrs 2x/ WEEK 30 MIN

✓ 11-14 yrs 2x/ WEEK 45 MIN

✓ 14-18+ yrs 2x/ WEEK 60 MIN

✓ 14-18+ yrs 3x/ WEEK 60 MIN

HIGH SCHOOL TEAM ATHLETIC DEVELOPMENT

✓ 2x/ WEEK 60 MIN

ADULT ATHLETIC DEVELOPMENT

✓ 2x/ WEEK 60 MIN

✓ 3x/ WEEK 60 MIN

1 ON 1 ATHLETIC DEVELOPMENT

✓ 2x/ WEEK 30 / 45 / 60 MIN

✓ 3x/ WEEK 30 / 45 / 60 MIN

ABOUT ME

My name is Jayho Hong. I played Division 1 tennis for three years at the University of North Dakota. I hold a NASM Personal Trainer Certification along with a AED/CPR Certification. Now working as a tennis coach, personal trainer, and athletic trainer here at Tucson Racquet Club.

Together with the TRC team, I've launched a brand-new Athletic Development Training Program designed not just for tennis players, but for athletes of all sports across TRC and Arizona.



WHY?

I started tennis later than most, and to catch up, I had to rely heavily on athletic training and physical development to close the gap and eventually reach the Division 1 level. That experience showed me how powerful the right training can be, and it inspired me to create this program. I believe every athlete deserves that same opportunity, the chance to maximize their athleticism, build confidence, and gain the edge that can set them apart both on and off the court.



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HOURS OF OPERATION
OPEN 24/7