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MATCH RECOVERY

ALABAMA HEAT & HUMIDITY CAN BE DANGEROUS DURING A 10 DAY TOURNAMENT. IT IS A NECESSITY TO RECOVER PROPERLY IN BETWEEN MATCHES. TRY THE POST MATCH RECOVERY SESSIONS WITH ACA'S BLAKE LANCASTER TO GET THE BEST OUT OF YOUR GAME! CALL AHEAD TO SCHEDULE EARLY!

30 Minute Sessions

Tennis specific soft tissue recovery & mobility drills
15 min tennis specific
15 minutes Normatec recovery boots

Schedule Your Recovery

*Sessions available every day starting July 5th
*\$30 per session
*Immediately post match

Take Aways

Each session includes a protein shake for muscle recovery & Nuun hydration tablets to kick start rehydration!



\$30 PER
30 MINUTE
SESSION

Sign up now!
CALL BLAKE @
256-339-1512