

INTENSITY

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www.intensity.club



Intensity Club is Fairfield County's most popular club for group fitness classes, tennis programs, squash and dance. They have over 100 fitness classes a week, top level tennis instruction, a brand new squash facility and an amazing dance program.

Junior Tennis — Intensity provides a comprehensive development path from absolute beginner to regional, national and even international tournament players. No matter what level you aspire to, they have the programs, the coaching staff and the facilities to make it possible. Choose from: Tennis Whizz (ages 2-3); Discovery (ages 4-5); Rally Kids (ages 6-8); Junior Development (ages 9-10 and 11-12); Varsity Quest (ages 12-17); and High Performances (ages 10-18).

Junior Squash — 10 and under squash is the introductory program for young athletes. Instructors teach hand-eye skills, ball-striking exercises and creative and competitive games. The Future Stars class is for players that show strong ability and want to work hard to improve their skills to compete effectively. The High Performance Squash Program is a competitive training program for ranked silver and gold junior tournament and JCT players that want to play at college or national levels.

Junior Dance Program — Led by renowned dance instructor Marcello Deaguero. Learn Break Dancing, a blend of martial arts, street dance and gymnastics. Also Hip-Hop, teaching rhythm, musicality, coordination and age-appropriate choreography.