

GAC ADULT TENNIS



A fun group activity including a warm-up, a great cardio workout, and a cool down – all set to music.

Drop in and try it out!

Tuesdays and Thursdays 9:00–10:00 a.m.

Members: FREE

Non-members: \$12*

*For Non-members, we have a **Cardio/Mixed Workout Package** (“Electronic Punch Card”) available for **\$50/5 visits**. It can be used for both **Cardio Workout** and **Mixed Workout** classes.

Available for Purchase at the Service Desk

**Note: Cardio/Mixed Workout Packages/Punch cards
Expire 6 months from Purchase date.**

For more information, contact Cris Frye at (810) 606-7522 or email her at Crisanne.frye@ascension.org



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ATHLETIC CLUB