

# GAC ADULT TENNIS

## ADULT TENNIS PROGRAMS WINTER 2019



### CARDIO WORKOUT

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

**Tuesdays & Thursdays 9:00-10:00a**

**Members: Free**

**Non-Members: \$12\***

**\*Cardio/Mixed Workout Package (Electronic Punch Card) \$50/5 classes**

### MIXED WORKOUT

Come join us for a fun, fast-paced workout! There will be a mixture of skill-specific drills and techniques taught. Drop-in and try it out!

**Mondays 10:00-11:00a; Tuesdays & Thursdays 7:00-8:00p;  
Wednesdays & Fridays 12noon-1:00p; and Saturdays 1:00-2:00p**

**Members: FREE**

**Non-Members: Cardio/Mixed Workout Package (Electronic Punch Card) \$50/5 classes**

### START/RE-START

See separate flyer for information on this program

### TENNIS 102

*This the follow-up class to our Start/Re-Start program which is a prerequisite.*

In Tennis 102, adults will continue where they ended with Start/Re-Start. It is the perfect multi-week program for adults to continue to have a blast, meet new people, see some familiar faces, and learn tennis. Get ready to continue the excitement that tennis will bring to your life– and *Play Tennis*.

**Wednesdays 6:00–7:00p**

**Cost: \$80/per person/8-week session**

### GAC GOLD CLINIC (Ongoing)

Exclusively and Free for GAC Gold members! Haven't played tennis in a while? No problem! Dust off your racquet and drop-in to this **FREE clinic! Tuesdays 11:00a-12noon**

**Electronic Punch Card (Package) available for purchase at the Service Desk**

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

For more information about any of these programs, contact Cris Frye at 810-606-7522 or [Crisanne.frye@ascension.org](mailto:Crisanne.frye@ascension.org)



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ATHLETIC CLUB