



Ascension  
Genesys  
HEALTH CLUB

# 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](mailto:Crisanne.frye@ascension.org)



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @AGHCfit and also stay in the loop by visiting us online at [www.AscensionGenesysHealthClub.com](http://www.AscensionGenesysHealthClub.com)!