

Adult Tennis

ADULT TENNIS PROGRAMS SPRING-SUMMER 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 9:00-10:00am

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 10:00-11:00am; Tuesdays & Thursdays 7:00-8:00pm;

Wednesdays & Fridays 12noon-1:00pm; and Saturdays 1:00-2:00pm

Members: FREE

Non-Members: \$10*

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

START/RE-START See separate flyer for information on this program

GOLD SENIOR CLINIC

Haven't played tennis in a while? No problem! Dust off your racquet and drop-in to this **FREE** clinic, exclusively for Gold Senior members!

Tuesdays 11:00am-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**

 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!

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