

# ADULT TENNIS

## Start/Restart Tennis

The perfect multi-week program for adults to have a blast, meet new people, and learn the basics of tennis. Get ready to feel the excitement that tennis will bring to your life, and START PLAYING TENNIS!

**March 3 - April 30, 2020**  
Tuesdays & Thursdays 6-7 p.m.

Member: 1x per week: \$80 / 2x per week: \$136 Non-Member: 1x per week: \$120 / 2x per week \$204

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## Cardio Tennis Workout (ongoing)

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

Tuesdays & Thursdays 9-10 a.m.

Drop-in Fee: Member: FREE / Non-Member: \$12

5 visits for \$50 Cardio/Mixed Workout Package available for purchase at the Service Desk.

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## Mixed Workout (ongoing)

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

Mondays 10-11 a.m.  
Tuesdays & Thursdays 7-8 p.m.  
Wednesdays & Fridays Noon-1 p.m.  
Saturdays 1-2 p.m.

Drop-in Fee: Member: FREE / Non-Member: \$15

5 visits for \$50 Cardio/Mixed Workout Package available for purchase at the Service Desk.

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## Senior Clinic (ongoing)

Haven't played tennis in a while? No problem! Dust off your racquet and drop-in to this FREE clinic. Exclusively for our senior members.

Tuesdays 11 a.m.-Noon  
FREE Member Only Clinic

**For more information or to register call (810) 606-7552.**

*\*Cardio/Mixed Workout Package expires 6 months from purchase date.*

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