



ADULT TENNIS PROGRAMS SPRING 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

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

