

Aerobic Tennis

New 1.5 Hrs!

Mondays @ 12-1:30PM

Thursdays @ 12-1PM

Saturdays @ 10-11AM

Want a great workout? Aerobic Tennis is a new, fun, group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Aerobic Tennis includes a warm-up, cardio workout, and cool-down phases. If you are looking for a new way to get in shape and burn calories, you must try Aerobic Tennis. Members and non-members of any level welcome to participate.

1 Hr: Members \$15 | Non-Mem \$25
1.5 Hrs: Members \$21 | Non-Mem \$31



Shot of the Day

Monday 7-8PM

Thursdays @ 1-2PM • Saturdays @ 9-10AM

Work on specific skills in this popular, drop-in program. Members and non-members of any level welcome to participate. **Members \$15 | Non-Members \$25**

Week of 8/27	Point Play Tactics
Week of 9/3	Approach Shots/Volleys
Week of 9/10	Ground Strokes
Week of 9/17	Point Play Tactics
Week of 9/24	Volleys & Overheads
Week of 10/1	Serves & Returns
Week of 10/8	Approach Shots/Volleys
Week of 10/15	Groundstrokes
Week of 10/22	Volleys & Overheads
Week of 10/29	Point Play Tactics
Week of 11/5	Approach Shots/Volleys
Week of 11/12	Groundstrokes
Week of 11/19	Volleys & Overheads
Week of 11/26	Serves & Returns
Week of 12/3	Approach Shots/Volleys
Week of 12/10	Groundstrokes
Week of 12/17	Point Play Tactics
Week of 12/24	Serves & Returns
Week of 12/31	Point Play Tactics
Week of 1/7	Groundstrokes
Week of 1/14	Volleys & Overheads
Week of 1/21	Serves & Returns

All dates subject to change

