

# 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 7-8:30 PM**

**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 1/27	Point Play Tactics
Week of 2/3	Approach Shots/Volleys
Week of 2/10	Ground Strokes
Week of 2/17	Point Play Tactics
Week of 2/24	Volleys & Overheads
Week of 3/2	Serves & Returns
Week of 3/9	Approach Shots/Volleys
Week of 3/16	Groundstrokes
Week of 3/23	Volleys & Overheads
Week of 3/30	Point Play Tactics
Week of 4/6	Approach Shots/Volleys
Week of 4/13	Groundstrokes
Week of 4/20	Volleys & Overheads
Week of 4/27	Serves & Returns
Week of 5/4	Approach Shots/Volleys
Week of 5/11	Groundstrokes
Week of 5/18	Point Play Tactics
Week of 5/25	Serves & Returns
Week of 6/1	Point Play Tactics
Week of 6/8	Groundstrokes
Week of 6/15	Volleys & Overheads
Week of 6/22	Serves & Returns

*All dates subject to change*

