





# Plaza Tennis Center Adult Summer Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
    						12:00 PM <b>Cardio</b> 1:00 PM Julian		
							1:00 PM <b>Play Tennis Fast</b> 2:00 PM Beginner Julian	
								2:00 PM <b>Level Booster</b> 3:00 PM 3.0+ Julian
		<p><b>Please Note:</b> Sign up for classes according to your rating.</p> <p>If you have a question about ratings, one of our pros would be happy to help you out.</p> <p><b>To sign up for a class, contact the assigned pro.</b></p>		6:00 PM <b>Play Tennis Fast</b> 7:00 PM Beginner Julian	6:00 PM <b>Cardio</b> 7:00 PM All Levels Julian	4:30 PM <b>Doubles Situational</b> 5:30 PM 3.5+ Michaela		
		7:00 PM <b>Level Booster</b> 8:00 PM 3.0+ Julian	7:00 PM <b>Level Booster</b> 8:00 PM 3.5+ Julian	6:00 PM <b>Play Tennis Fast</b> 7:00 PM Beginner Julian				
				7:00 PM <b>Level Booster</b> 8:00 PM 3.0+ Julian				

<b>Cardio Tennis</b>	This Program is one of the most fun group exercise classes you will attend. The purpose is to get a workout on a tennis court with a tennis racquet and specialized cardio tennis balls. You will sweat and get a heart healthy workout. Games, Movement, Music and Inspiring high energy pro are all \$21 per class or \$175 for a 10 Pack.
<b>Level Booster</b>	Skill development class that focuses on both the tactical and technical side of tennis. \$21 per class
<b>Team Practice</b>	This is ideal for a USTA or Tencap team that is working together to better themselves. This practice will have elements of all of Grand Slam. In Addition there will be half an hour of play with the Pro. <i>Prices vary depending on the pro and number of participants</i>
<b>Doubles Situational Drill</b>	This doubles focused drill will not only teach you how to play doubles at a higher level, we will focus on the different elements of doubles that makes a player great. Example: Court positioning, Poaching, Communication, etc. \$21 per class
<b>Play Tennis Fast "Learn"</b>	A 4-week Program to learn the game of tennis and all basic skills and scoring system "fast." All players returning looking for a refresher or new players that have never played before. Get a FREE \$49 for members, \$59 for non-members, and \$89 for two if you sign up with someone.

**For more info or to sign up for a class contact one of our pros directly.**

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