

2018 - Weekly Practice



Starting Monday, December 4, 2017

Genesis offers several opportunities to practice on a weekly basis:

Grand Slam Drills are identified by the level of play; ie. 3.5 Grand Slam, etc.

- Offered weekly
- Tactical (situational drills)
- Technical tips and footwork,
- In a fun, competitive, fast pace environment.
- Participants can pay \$33 on a weekly basis or \$279 for a 9 session training package with the exception of Tuesday 6:00 – 7:00 pm 3.5 Singles Grand Slam (\$22)

Extreme Cardio Tennis –

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games! It's a party on the tennis court! Tennis on steroids! Extreme Cardio Tennis brings the “sexy” back to tennis!
- Includes warm-up, cardio tennis games, and cool-down phase;
- Features heart rate monitors and on-court TV screen to track your performance;
- Participants consistently elevate their heart rates into their aerobic training zone;
- Players get short cycles of high intensity workouts and periods of rest almost like interval training

Cardio Tennis is a fun group activity and a great way to get in shape, burn calories and have a viable alternative to visiting the fitness center for a cardiovascular workout.

- Includes warm-up, cardio workout and cool-down phases
- Features drills to give players of all abilities an ultimate, high-energy workout.
- Participants consistently elevate their heart rates into their aerobic training zone.
- Players burn more calories than playing singles or doubles tennis.
- Players get short cycles of high intensity workouts and periods of rest almost like interval training.
- While playing tennis, your focus is primarily on getting a great workout.
- Cardio Tennis is recommended to supplement a player's current singles and doubles play and lesson routine.

“41” is a fun, doubles based, competitive game that uses a unique scoring system. “41” has been a rave in Kansas City for the last 10 years.

2018 Weekly Practices



CLASS OFFERINGS: We recommend players register up to a week ahead as space is limited.

- Grand Slam Participants can pay \$33 on a weekly basis or \$279 for a 9 session training package with the exception of Tuesday 6:00 – 7:00 pm 3.5 Singles Grand Slam (\$22)
- Cardio Players can pay \$18 per time or \$160 for a 10 session training package
- XTreme Cardio Tennis:
- “41” \$25 for members and \$25 for guests for a 90 minute session.

NTRP rating	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5						Grand Slam 9 - 10:30 am	
3.0		"41" 10:30 - 12 PM \$25		Extreme Cardio 9 - 10 am		Grand Slam 9 - 10:30 am	
		Extreme Cardio 12 - 1 pm					
			3.0 + Extreme Cardio 6 – 7 pm	3.0 Extreme Cardio 6 – 7 pm			
		Grand Slam 7:00 - 8:30 pm					
	Extreme Cardio 8 - 9 am	Extreme Cardio 8 - 9 am	Grand Slam 10:30 - 12 pm				Extreme Cardio 9 - 10 am
3.5		"41" 10:30 - 12PM \$25	Extreme Cardio 12 - 1 pm			Grand Slam 10:30 - 12 pm	
		3.5 + Extreme Cardio 6 – 7 pm	Grand Slam 6 - 7:30pm				
		Grand Slam 7:00 - 8:30 pm	Grand Slam 10:30 - 12 pm				
	Warm Up Drill \$10 8:30 - 9am					Grand Slam 10:30 - 12 pm	
4.0	Grand Slam 8 - 9:30pm	"41" 12 – 1:30 pm \$25	Grand Slam 9:00-10:30am	"41" 10:30- 12:00PM \$25	Grand Slam 9 - 10:30 am		
4.5					Grand Slam 10:30 - 12 pm		