

2018 Fall Weekly Practice (as of August 13, 2018)



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 \$35 on a weekly basis or \$297 for a 9 session training package

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 (as of August 13, 2018)



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

- Grand Slam Participants can pay \$35 on a weekly basis or \$297 for a 9 session training package
- Cardio Players can pay \$18 per time or \$160 for a 10 session training package
- XTreme Cardio Tennis: \$20 single, \$170 for a ten session package, \$300 for a 20 session package
- "41" \$27 for members and \$37 guests a 90 minute session.

NTRP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5						Grand Slam 9- 10:30 am	
3.0			9-10:30 am Singles Drill	Extreme Cardio 9 - 10 am		Grand Slam 9- 10:30 am	
		"41" 10:30-12 PM					
	12 - 1 pm Cardio	Extreme Cardio 12 - 1 pm	12 - 1 pm Cardio 12 -1 pm Extreme Cardio		12 - 1 pm Cardio		
	Extreme Cardio 6 - 7 pm	Extreme Cardio 6 - 7 pm	Extreme Cardio 6 - 7 pm	Extreme Cardio 6 - 7 pm			
	Grand Slam 7:00 - 8:30 pm						
3.5	8 - 9 am Extreme Cardio	8 - 9 am Extreme Cardio	9-10:30 am Singles Drill			8 - 9 am Cardio	
		"41" 10:30 - 12PM \$27	Grand Slam 10:30 - 12 pm			Grand Slam 10:30 - 12 pm	Extreme Cardio 9 - 10 am
	12 - 1 pm Cardio	12 - 1 pm Extreme Cardio	12 - 1 pm Cardio		12 - 1 pm Cardio		
	Extreme Cardio 6 - 7 pm	Extreme Cardio 6 - 7 pm	Extreme Cardio 6 - 7 pm Grand Slam 6 - 7:30pm	Extreme Cardio 6 - 7 pm			
	Grand Slam 7 - 8:30pm						
4.0	8:30 - 9:00 am Warm Up					8 - 9 am Cardio	
		12 - 1:30 pm Singles Drill 12 - 1 pm Extreme Cardio	12 - 1 pm Extreme Cardio	"41" 10:30 - 12:00 pm \$27	Grand Slam 9- 10:30 am	Grand Slam 10:30-12:00 am	
	Grand Slam 8 - 9:30pm						
4.5					Grand Slam 10:30am - 12 pm		