

2019 Winter Weekly Practice (as of 1/1/19)



Genesis Overland Park offers several opportunities to practice on a weekly basis:

Grand Slam Drills

- Offered weekly
- Divided into NTRP levels
- Tactical (situational drills)
- Technical tips and footwork
- In a fun, competitive, fast pace environment.

Cardio Tennis

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.

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games! It's a party on the tennis court! Tennis on steroids!
- 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
- Discounted packages available.

"41"

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.

2019 Weekly Practices (as of January 1st, 2019)



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

- Grand Slams - \$33/class – 1 ½ hour.
- Cardio Tennis – Packages available at a discounted rate.
- “41” - \$25/session

NTRP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5			Situational Drill 6 - 7pm				
3.0			Singles Drill 9 - 10:30am	Cardio Tennis 9 - 10am		Cardio Tennis 8 - 9am	
		"41" 10:30 - 12pm				Grand Slam 9- 10:30am	
		Cardio Tennis 12 - 1pm	Cardio Tennis 12 – 1pm				
	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7 pm	Cardio Tennis 6 - 7 pm	Cardio Tennis 6 - 7 pm		
	Grand Slam 7:00 - 8:30pm						
3.5			Singles Drill 9 - 10:30am			Cardio Tennis 8-9am	
		"41" 10:30 – 12pm				Grand Slam 10:30 - 12pm	Cardio Tennis 9-10 am
		Cardio Tennis 12-1pm	Cardio Tennis 12 -1 pm				
	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7 pm	Cardio Tennis 6 - 7 pm	Cardio Tennis 6-7 pm	Cardio Tennis 6 - 7 pm		
		Grand Slam 7 - 8:30pm					
4.0	Cardio Tennis 8 - 9am				Cardio Tennis 8 - 9am	Cardio Tennis 8 - 9am	
			Singles Drill 9 - 10:30am	"41" 10:30am – 12pm	Grand Slam 9 - 10:30am	Grand Slam 10:30 - 12pm	
	Men's Night Out 8 - 9:30pm						
4.5				"41" 10:30am – 12pm	Grand Slam 10:30am - 12pm		