

Genesis KCRC Adult Summer Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 AM Cardio 11:00 AM Tennis Julian/ Jack 2.5-3.0	9:00 AM Grand Slam 10:30 AM 3.5+ Michaela			9:00 AM Grand Slam 10:30 AM 3.5+ Michaela	9:00 AM Grand Slam 10:30 AM 4.5+ Ladies Michaela		
11:00 AM "41" 12:00 PM Julian/ Jack 2.5-3.0		10:00 AM "41" 11:00 AM 3.0	10:00 AM "41" 11:00 AM 4.0 Jack		10:30 AM Grand Slam 12:00 PM 3.5 Michaela	10:30 AM Grand Slam 12:00 PM 3.5+ Michaela	
12:00 PM Extreme Cardio 1:00 PM Julian/ Jack 3.5+			12:00 PM Rapid Fire 1:00 PM 3.5+ Jack		12:00 PM "41" 1:00 PM 3.5+ Jack	12:00 PM Grand Slam 1:30 PM 3.0 Michaela	
1:00 PM "41" 2:00 PM Julian/ Jack 3.5+							
Please Note: Sign up for classes according to your rating. To sign up for a class, contact the assigned pro.	5:30 PM Level Booster 6:30 PM 2.5 Jack	5:30 PM Rapid Fire 6:30 PM 3.5+ Jack	5:30 PM Doubles Situational 6:30 PM 3.0 Jack	5:30 PM Level Booster 6:30 PM 2.5 Julian	4:30 PM Friday Night Cocktail Club 6:30 PM 2.5-3.0 Jack		
	6:30 PM Cardio Tennis 7:30 PM All Levels Julian	6:30 PM Extreme Cardio 7:30 PM 3.5+ Jack	6:30 PM Level Booster 7:30 PM 2.5 Jack	6:30 PM "41" 7:30 PM 2.5-3.0 Jack	4:30 PM Friday Night Cocktail Club 6:30 PM 3.5+ Michaela		
	7:30 PM "41" 8:30 PM 3.5+ Jack			7:30 PM "41" 8:30 PM 3.5+ Jack			



Cardio Tennis	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 part of our successful recipe. <i>\$21 per class or \$175 for a 10 Pack.</i>
Grand Slam	A Great practice program that will work on all elements of your game. Each session will have a theme that will vary session to session. Focus will be doubles play. Activities will consist of coach fed drills, games, and situations. <i>\$30 per class</i>
Team Practice	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 coaches feedback. <i>Prices vary depending on the pro and number of participants</i>
"41"	This fun and competitive doubles game fetures a unique scoring element. Points vary on how the point was earned. This game based activity will have you working up and down the court with different partners. <i>\$15 for an hour and \$25 for an hour and a half</i>
Rapid Fire	Grand Slam just got faster, quicker, and condensed. A pro lead drill and play session with a high volume of balls being hit. <i>\$21 per class</i>
Doubles/ Singles Situational Drill	This is a Grand Slam but with a Singles focused theme. Learn how to play singles at a higher level with the formula of a Grand Slam. <i>\$21 per class</i>
Friday Night Cocktail Club	Tennis + Happy Hour! Each week we will have a new class combo. For example: Rapid Fire + 41 or Extreme Cardio + Triples. <i>\$35 per class</i>
Extreme Cardio	Cardio tennis just got EXTREME. The same cardio format we all love...with yellow balls. <i>\$21 per class</i>
Play Tennis Fast "Learn"	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 racquet. <i>\$49 for members, \$59 for non-members, and \$89 for two if you sign up with someone.</i>

For more info or to sign up for a class contact the front desk at 913-722-2001 or contact one of our pros directly.

Rod Zerni: 913-269-6607 or Rodney.zerni@genesishealthclubs.com

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