

2021 Summer Weekly Practice



Starting Tuesday, June 1st

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
- Focus on doubles strategy, situational points, and fun.
- In a fun, competitive, fast pace environment.

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.

PACKAGES AVAILABLE!

- 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.
- 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. Great to work in your doubles game / positioning in a dynamic way!

Rapid Fire Drills is an energetic fast paced drill that is light on teaching and heavy on fun. Rapid Fire drills run for one hour.

**** If you have any question, please email Thiago Santos – tsantos@genesishealthclubs.com ****

2021 Summer Weekly Practices



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

- Grand Slam - \$34 / class (90 minutes) / "41" \$28 / session (90 minutes)
- Grand Slam for 2.0-2.5 level - \$20 / class (60 minutes)
- Cardio Tennis classes – packages available!

NTRP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.0			Grand Slam 8 – 9am			Grand Slam 8 – 9am	Grand Slam 12 – 1pm
2.5			Grand Slam 12 – 1:30pm	"41" 1:30 - 3pm	Cardio Tennis 10:30am – 11:30am	Grand Slam 8 – 9am	Grand Slam 12 – 1pm
		Grand Slam 6 - 7pm	Cardio Tennis 6 – 7pm				
3.0						Cardio Tennis 8 - 9am	
		"41" 10:30am - 12pm				Grand Slam 9 - 10:30am	Cardio Tennis 9 - 10am
							Rapid Fire Drill 11am-12pm
	Cardio Tennis 6 – 7pm	Cardio Tennis 6 - 7pm	Cardio Tennis 6 – 7pm	Cardio Tennis 6 – 7pm			
	Grand Slam 6 - 7:30pm	Grand Slam 7 - 8:30pm					
3.5		Cardio Tennis 9 - 10am		Cardio Tennis 9 - 10am		Cardio Tennis 8 – 9am	Cardio Tennis 9 - 10am
	Rapid Fire Drill 11am - 12pm	"41" 10:30am – 12pm	Grand Slam 10:30 - 12pm		Rapid Fire Drill 8 - 9am	Grand Slam 10:30-12pm	Rapid Fire Drill 11am-12pm
	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7pm	Cardio Tennis 6 - 7pm			
	Grand Slam 6 - 7:30pm	Grand Slam 7 - 8:30pm					
4.0	Grand Slam 7:30 - 9am		Rapid Fire Drill 8 - 9am	"41" 10:30am – 12pm	Cardio Tennis 8 – 9am		
	Rapid Fire Drill 12 - 1pm		"41" 10:30am – 12pm		Grand Slam 9 - 10:30am	Grand Slam 10:30-12pm	
				"41" 6 -7:30pm			
4.5	Rapid Fire Drill 12 - 1pm		"41" 10:30am – 12pm		Grand Slam 10:30-12pm		