



CARDIO TENNIS TRIPLES NIGHT:

Why: Fun, socially competitive tennis workout

When: Friday, September 13th 6:30 – 8:00pm

Where: Genesis Lawrence South "SoLaw"

Cost: \$10/member, \$15 non-member

*Sign up as a Triples Team or as an individual and we will pair you up!

*Sign up with DGreenstreet at DGreenstreet@genesishealthclubs.com or call 785.749.6762

- Three on Three Cardio Tennis Workout while having a blast doing so
- Game Based Social Competition
- Brackets will then made based off total points won -every point counts
- Each Game will be played to 21. Pro will feed one side, then other side for two total points before teams will rotate. Counter Clockwise to pro feed courts left side, clockwise to the pro feeding the courts right side. Pros Ball feed must bounce before being hit
- There will be two to three courts going...Teams not playing that round can rest but also help with ball pickup in a safe, clear fashion

