

*Genesis Health Clubs - Tri-State*  
*555 Tennis Lane*  
*Evansville, IN 47715*



*(812) 479-3111*  
*genesishealthclubs.com*  
*Adult Tennis*

## **Adult Tennis • Fall 2023 - Spring 2024**

*August 1 – May 28*

### **Club Cardio**

**Fee: \$70/month or \$20.00 per class**

*Heart pumping fitness on the tennis court for ages 19+. Classes are set to music and choreographed to move your heart rate into the proper target zone. Enjoy a fun activity while getting a great, high-paced work-out.*

**Registration is required.** *Limit of 10 per court.*

#### **SCHEDULE OF CLASSES**

Monday	9:00-10:00am, 12:00-1:00pm, 5:30-6:30pm
Tuesday	9:00-10:00am (2.5), 12:00-1:00pm
Wednesday	8:00-9:00am, <b>9:00-10:00am (ORANGE HIT)</b> , 5:30-6:30pm
Thursday	7:00-8:00am (4.0+), 9:00-10:00am, 12:00-1:00pm
Friday	8:00-9:00am (3.5+)
Saturday	9:00-10:00am
Sunday	5:00-6:00pm

### **ADULT CLINICS**

**Fee: \$30 per hour**

*Clinics meet at various times through the week and are arranged directly with the pro staff. Clinics are one hour or one and one half hours in duration. Clinics are based on NTRP ratings to ensure compatible play. If you are unaware of your rating, please contact a tennis professional for a complimentary session.*

#### **CURRENT OPEN CLINICS**

Monday 8-9am	2.5/3.0
Monday 10:30-12:00	3.0
Tuesday 6:30-8:30pm	3.5+
Wednesday 10-11:30am	3.5
Friday 1-2:30pm	3.0/3.5
Saturday 9-10:30am	3.0/3.5

### **TENNISCIZE**

**Fee: Complimentary**

*The program that all adult TSAC members enjoy and get exercise with. It is open to all levels and is run by the TSAC professional staff. (Inexperienced players should be a graduate of Learn Tennis Fast, have an introductory lesson, or equivalent.) This is a great opportunity to practice your shots, get a workout, play with friends, meet new players, and have a great time. Space can be reserved 48 hours ahead of time.*

#### **SCHEDULE OF CLASSES**

Tuesday	8:00am-9:00am
Thursday	8:00am-9:00am
Saturday	8:00am-9:00am