

ADULT DRILL

Schedule



Cardio Tennis and 105 Classes

Features of Cardio Tennis:

- ♣ Participants consistently elevate their heart rates into their aerobic training zone.
- ♣ Cardio Tennis is literally for **ANY LEVEL OF PLAYER**
- ♣ It's completely self paced! MEN, WOMEN, qualified Juniors
- ♣ Players burn more calories than playing singles or doubles tennis.
- ♣ Players get cycles of high intensity workouts and periods of rest, interval training.
- ♣ While playing tennis, your focus is primarily on getting a great workout.
- ♣ Sign ups required—Minimum sign up—2 players
- ♣ Just shoot me a text (214) 505-2371 or Email at grady10s@gmail.com
- ♣ \$120 package must be used up in 5 weeks (32.5 possible hrs available)

Class Offerings

Mornings:

Friday 9:00-10:30am

Saturday 9:30-11:00am

Nights:

Tuesday 6:30-7:30pm

Thursday 6:30-7:30pm

105 Classes:

Wednesday 11:30-12:30 am

Wednesday 6:30-7:30 pm

(All 1 1/2 hour classes with less than 4 players will only be an hour.)

Tues Night Men's and Thurs Night Mixed Leagues

This league is for all levels of players and is available on a week to week basis as spots are available. Email the pro shop by Tuesday at 4pm.

Spots will be limited by pre-sign ups, so email early!

If not enough for Mixed possible Men or Women only courts by availability

Tuesday Men's League 7-9 PM

Thursday Mixed League—7:30-9 PM

Wed Morning League

These leagues are for all levels of players and is available on a drop in basis as spots are available. Spots will be limited so email early!

9:00-11:00 AM Wednesday Morning

7:00 - 9:00 PM Thursday Night

**All drills require 4 participants, 3 players for 45 minutes,
or 2 players for 30 minutes, or private lesson price.**