

Group Class Schedule 1/8/18 (All classes 1 hr. unless indicated.)

Start Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		<u>Master Swim **</u> Logan		<u>Master Swim **</u> Logan			
6:30 AM						<u>TRIX Training</u> Peter	
7:15 AM							<u>Master Swim (1.25 hrs)**</u> Logan
7:30 AM			<u>Early Morning Tennis&More Workout*</u> Chris				
8:30 AM						<u>Cardio Tennis* (1.5hrs)</u> Chris	<u>Yoga – Beg/Int</u> Annadelis
9:00 AM	<u>Yoga – Beg/Int</u> Katie/Leticia <u>Skills, Drills & Thrills (1.5 hrs.)*</u> Karl		<u>Yoga – Beg/Int</u> Leticia <u>Adult Beginner/Adv. Beginner Tennis Clinic*</u> Lorene	<u>Cardio Tennis* (1.5hrs)</u> Chris	<u>Yoga – Beg/Int</u> Katie		
10:30 AM		<u>Water Fitness</u> Tamara					<u>Live Ball Tennis (3.0+)* (1.5 hrs)</u> Chris
11:00 AM		<u>Resistance Strength&Stretchin g</u> Holly		<u>Resistance Strength&Stretching</u> Holly			<u>Water Fitness</u> Tamara
12:00 PM		<u>Master Swim**</u> Kevin		<u>Master Swim **</u> Kevin			
4:00 PM			<u>Water Fitness</u> Tamara				
5:00 PM					<u>Yoga (time change)</u> Leticia		
5:30 PM		<u>Yoga – Beg/Int</u> Leticia	<u>Resistance Strength&Stretching</u> Holly	<u>Yoga – Beg/Int</u> Leticia			
6:00 PM			<u>Master Swim**</u> David	<u>Men's Live Ball Tennis (4.0+)* (1.5 hrs)</u> Chris	<u>TRIX Training</u> Holly <u>Master Swim**</u> David		
6:30 PM		<u>Live Ball Tennis (3.0+)*</u> Lorene <u>Fitness Fundamentals</u> Peter		<u>Adult Tennis Drills*</u> Karl	<u>Adult Tennis Drills*</u> Tim		

***Additional Fee **Master's Fee \$20/mo.**

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Adult Tennis Drills This is a warm-up clinic for the mixed doubles leagues. This is a high energy clinic, packed with competitive live ball drills and lot of laughter.

Skills, Drills, & Thrills A good warm-up followed by a "shot of the day". The remainder of the clinic incorporates this shot into the fun but competitive drills.

Resistance Strength & Stretching Utilizes the Yoga Wall for resistance training combined with floor exercises using a number of different props, including: stability balls & band training

Adult Beginner/Adv. Beginner Tennis Clinic Designed for new players or for players with a 3.0 or below rating. High repetition, stroke development, footwork concepts and introduction to match play.

Early Morning Tennis & More Get up and moving in the morning. Fast-paced with lots of balls and cardio. Just what you need to start your day.

Fitness Fundamentals This hour long instructional class is geared towards the member with little to no gym experience. Our personal trainer will emphasize proper form, technique, and breathing. This is also perfect for the member who wants to change their routine but needs a little help.

TriX Training Suspension training program that emphasizes functional movements. A terrific way to develop and maintain strength, flexibility, balance & core.

Cardio Tennis Cardio Tennis is a fun, healthy clinic for players of all abilities. Heart pumping fitness with a full body, calorie-burning workout.

Live Ball Tennis A fast paced doubles session that will leave you with much improved doubles strategies. Plan for quicker movements, faster reactions.

Adult Intermediate Tennis Clinic Fun clinic with focus on strategy, CONSISTENCY, movement, and point play. This clinic is designed for 3.5-4.0 players.

Water Fitness Our newest class focuses on both cardiovascular endurance and strength training. The properties of water provide for low impact to the weight-bearing joints and strengthening of muscles in all directions of movement. Buoyant water weights and noodles are used to provide a great way to burn fat, build muscle and have FUN!