

# TENNIS



(812) 479-3111

[www.tristateathleticclub.com](http://www.tristateathleticclub.com)

## Adult Programs August 1 – May 27

### Club Cardio

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 and enjoy fun activity while getting a great work-out.

#### SCHEDULE OF CLASSES

Monday	9:00-10:00am, 5:30-6:30pm	Thursday	7:00-8:00am (4.0 level), 12:00-1:00pm
Tuesday	12:00-1:00pm	Friday	8:00-9:00am, 12:00-1:00pm
Wednesday	8:00-9:00am, 5:30-6:30pm	Saturday	9:00-10:00am
		Sunday	5:00-6:00pm

**Fee: \$85/month or \$20.00 per class**

### TEAM PRACTICES/ADULT CLINICS

The success of TSAC players in USTA leagues is a direct result of team practices/clinics. They provide an awesome opportunity to fine tune your tennis skills.

#### SCHEDULE OF TIMES

Monday	8:00-9:00am	2.5/3.0
Monday	12:00-1:30pm	3.5
Tuesday	6:30-7:30pm	3.0
Tuesday	6:30-8:00pm	3.5
Wednesday	10:30-11:30am	3.0
Thursday	12:00-1:30pm	3.5
Saturday	9:00-10:30am	3.5
Saturday	9:00-10:00am	2.5/3.0

**Fee: \$24 per hour. \$36.00 per 1 and 1/2 hour**

### SINGLES AND DOUBLES LEAGUES

Enjoy the benefit of a weekly singles or doubles match with players of compatible abilities. The TSAC staff will organize, schedule, and fill in when needed to make this regular game the highlight of your week. If you would like to play but are not sure of your NTRP rating to place you in the right group, contact the professional staff.

#### LEAGUES SCHEDULED THROUGH THE PROFESSIONAL STAFF

**Fee: \$12.00 per match**

### TENNISCIZE

The program that all TSAC members enjoy and get exercise with. It is open to all levels 2.0+ and is run by the TSAC professional staff. SCHEDULE: Tuesday, Thursday, Saturday 8:00-9:00am

**Fee: Complimentary**