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



(812) 479-3111 genesishealthclubs.com Adult Tennis

Adult Programs Fall 2024 - Spring 2025

August 4 – May 25

CLUB CARDIO

Fee: \$75/month with a Club Cardio Package or \$20.00 per class

A club favorite. 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, highpaced work-out. Space is limited to 10 players per court- sign-up is required within 48hrs. To sign-up, members should use the Genesis portal.

To add or Cancel Club Cardio Package to a membership, members should contact Jack Joyce. Cancellation Requires 30 days' notice. Email Jack. Joyce@GenesisHealthClubs.com.

SCHEDULE OF CLASSES

Monday 9:00-10:00am, 12:00-1:00pm, 5:30-6:30pm

Tuesday 9:00-10:00am, 12:00-1:00pm

8:00-9:00am, 9:00-10:00am (ORANGE HIT), 5:30-6:30pm Wednesday

Thursday 7:00-8:00am (4.0+), 9:00-10:00am, 12:00-1:00pm

Friday 8:00-9:00am (3.5+), 12:00-1:00pm

Saturday 9:00-10:00am Sunday 5:00-6:00pm

ADULT CLINICS

Fee: \$32 per hour

Clinics meet at various times throughout the week and are arranged directly with the pro staff.

CURRENT OPEN CLINICS

Clinics are based on NTRP ratings to ensure compatible play. Monday 8-9am 2.5/3.0 If you are unaware of your rating, please contact a tennis

Monday 10:30-12:00 professional for a complimentary session. 3.0

Clinics are one hour or one- and one-half hours in duration. Tuesday 6:30-8:30pm 3.5+

Wednesday 10-11:30am 3.5 Saturday 9-10:30am 3.0/3.5

MATINEE TENNIS Fee: \$15 drop-in

Improve your basic stroke technique and tactics with drills and round robin match play! Advanced registration not required. First-come, First-serve.

Tuesday 1-3pm

TENNISCIZE Fee: Complimentary

A great opportunity to practice your shots, get a workout, play with friends, meet new players, and have a great time. Open to all levels of players, a program that all adult TSAC members enjoy and get exercise with. Run by the TSAC professional staff. (Beginners should be a graduate of Learn Tennis Fast, have an introductory lesson. or equivalent.) Space is limited. Reservations are required (only 48 hours in advance) using GHC Portal.

SCHEDULE OF CLASSES

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