

SPORTS MALL

TENNIS ADULT WORKOUTS

TEAM WORKOUTS

These workouts offer a little bit of everything. Cardio, repetition, technique, strategy, drills, serves and point play. All players **MUST** have an appropriate rating - you can play up one level.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Womens 3.0 9 - 10:30 am	Womens 4.0 9 - 10:30 am	Womens 4.0 9 - 10:30 am	Womens 3.5 9 - 10:30 am	Womens 2.5 9 - 10:30 am	Womens 3.0 9 - 10:30 am

SPECIALTY WORKOUTS

Playing up a level is NOT allowed. Please follow this rule.

Liveball - Cardio, Drills, Repetition, Music			
Friday	Friday	Friday	Friday
3.5 & Above 9 - 10:30 am <i>All players must have a 3.5 rating or better</i>	2.5/3.0 10:30 am - 12:00 pm	3.0 + Above 6 - 7:30 pm <i>All players must have a 3.0 rating or better</i>	4.0 + Above 7:30 - 9 pm <i>All players must have a 4.0 rating or better</i>

Cardio - Nonstop drills, music, not for the faint of heart		
Saturday	Sunday	Monday
3.0 + Above 7:30 - 9 am	Gameday - 3.0 + Above 9:30 - 11 am	Stroke Clinic - 2.5 + Below BEGINNERS 7:30 - 9 pm

MEN'S WORKOUTS

3.5 and 4.0 - The focus is gameplay and cardio

3.0 - The focus is gameplay, cardio and drills

Monday	Monday	Tuesday
Men's 3.5 6 - 7:30 pm	Men's 3.0 7:30 - 9 pm	Men's 4.0 6 - 7:30 pm

\$24 PER WORKOUT

\$15 GUEST FEE

**AS OF OCTOBER 1, 2023*

FOR ALL WORKOUTS:

If you do not have a rating, self-rate at USTA.com

All workouts require a membership except Friday 2.5 9:00, Friday 2.5/3.0 LB, Monday 3.0 7:30, Monday 2.5 Stroke Clinic