



# ADULT SUMMER DRILLS & CARDIO TENNIS 2020

FOR 2.5 - 4.0 PLAYERS

Led by Marcus Fugate, Director of Tennis

## DRILLS - For 4.0, 3.5, 3.0 & 2.5 Players

Groundstrokes, Net Play, Serve & Volley, Transition Play, Singles & Doubles Strategy, Competitive Games and More!

## CARDIO TENNIS - For All Levels

Group activity designed to elevate your heart rate into your aerobic zone and burn calories. Classes include warm-up, cardio & cool down phases. Music is played to enhance the experience.

**3 SESSIONS:** [ ] **Session 1: JUNE 29 - JULY 18** - (NO CLASS SAT. 7/4 - PLEASE PRORATE)

[ ] **Session 2: JULY 20 - AUGUST 8** [ ] **Session 3: AUGUST 10 - AUGUST 29**

REGISTER BEFORE JUNE 23rd [ ] Save 15% - prepay for all 3 complete sessions [ ] Save 5% - prepay for any 2 complete sessions

• • • ALL CLASSES ARE 60 MINUTES • • •

### MONDAY

[ ] 7:00 a.m. [ ] 4.0 Drill  
 [ ] 9:00 a.m. [ ] 3.5 Drill [ ] 3.0 Drill  
 [ ] 6:00 p.m. [ ] 4.0 Drill [ ] 3.5 Drill [ ] 3.0 Drill

### WEDNESDAY

[ ] 7:00 a.m. [ ] 4.0 Drill  
 [ ] 9:00 a.m. [ ] 3.5 Drill [ ] 3.0 Drill  
 [ ] 6:00 p.m. [ ] 4.0 Drill [ ] 3.5 Drill [ ] 3.0 Drill

### FRIDAY

[ ] 7:00 a.m. [ ] 4.0 Drill  
 [ ] 9:00 a.m. [ ] 3.5 Drill [ ] 3.0 Drill

### TUESDAY

[ ] 7:00 a.m. [ ] Cardio  
 [ ] 9:00 p.m. [ ] 2.5 Drill  
 [ ] 6:00 p.m. [ ] 2.5 Drill [ ] Cardio

### THURSDAY

[ ] 7:00 a.m. [ ] Cardio  
 [ ] 9:00 p.m. [ ] 2.5 Drill  
 [ ] 6:00 p.m. [ ] 2.5 Drill [ ] Cardio

### SATURDAY

[ ] 8:00 a.m. [ ] 2.5 Drill [ ] Cardio

### 3 WEEK SESSION RATES:

Days/Week	Member	Non-Member
4	[ ] \$264	[ ] \$324
3	[ ] \$198	[ ] \$243
2	[ ] \$132	[ ] \$162
1	[ ] \$66	[ ] \$81

### A customized schedule:

Can be arranged. Contact Todd Miller  
 Email: todd.millertenniscenter@gmail.com

### Discover the benefits of membership and save on this program:

Contact Nancy Rehak, Director of Membership  
 Email: membership.millertenniscenter@gmail.com

### Make Up Policy:

On a space available basis with advanced 24 hour notice only.

All make ups must be completed before the end of the session.

There will be no refunds.

DROP IN'S - will pay 25% more per class and must call ahead for availability.

Total amount due \$\_\_\_\_\_ [ ] Cash [ ] Check [ ] Credit Card [ ] MTC Account (credit card on file required)

**PAYMENT MUST ACCOMPANY APPLICATION FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_