



# Elite Tennis & Wellness

## Adult Programming



**November 30 – December 18**

Limit of 2 classes/week unless spots open same day

Please sign up ahead of time for classes.

Reserve your spot 8 days ahead online or by call-ins only.

Please take note the level of play for each class.

### Class Descriptions:

- Adult Academy:** Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally! Mixed.
- Ball Machine Blast:** Creative use of ball machines along with pro led instruction. Fun complete tennis workout. Mixed.
- College Game Day:** Game on with a fast paced, game-oriented structure in a competitive setting. Mixed.
- Ladies Excellence:** Focuses on skills to make you a better match player. Gain skills necessary to construct better points. Anyone not rated will need to be evaluated.
- Men's Training:** An intense class of drills, competitive games and situational match play. Designed for the player that plans to compete in leagues and tournaments.
- Cardio:** **Crush:** This cardio delivers the ultimate, full body, calorie burning aerobic workout.  
**Compete:** This cardio concentrates on dynamic, competitive game/point play.
- Shot of the Week:** **Baseline:** Players will focus on shots from the baseline to incorporate into your match play.  
**Mid-Court:** Players will focus on shots at mid-court to build on week to week into your competitive play.  
**Net Play:** Players will focus on shots at the net to improve and build on your net game.

### Adult Leagues:

**Men's Doubles League:** This is level specific fun for men who want to compete! This is not a drop-in.

- **USTA 3.0 Sunday 8:00 a.m. – 10:00 a.m.**
- **USTA 3.5 Sunday 10:00 a.m. – 12:00 p.m.**
- **USTA 4.0 Sunday 3:30 p.m. – 5:30 p.m.**
- **USTA 4.5+ Thursday 7:30 p.m. – 9:30 p.m.**

**Ladies' Doubles League:** This is level specific fun for ladies that want to compete! This is not a drop-in.

- **USTA 2.5 Sunday 12:00 – 1:30 p.m. / 7:30 p.m. – 9:30 p.m.**
- **USTA 3.0 Sunday 5:30 p.m. – 7:30 p.m.**
- **USTA 3.5 Sunday 5:30 p.m. – 7:30 p.m.**

If you are interested in joining a league, please contact *Tammy Jordan* at [tjordan@elitetennisandwellness.com](mailto:tjordan@elitetennisandwellness.com).

**Mixed Doubles:** This is fun social Friday night of mixed doubles! Sign up with the partner of your choice or let us know if you need one. Please contact Ron Woolford at [rwoolford@elitetennisandwellness.com](mailto:rwoolford@elitetennisandwellness.com) to sign up!

See back for class schedule →

<h1>2.5</h1>	<p>Monday 11:00 a.m. – 12:00 p.m. Ladies Excellence: Purple Tencap  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels  Monday 6:00 p.m. – 7:00 p.m. College Game Day 2.5 - 3.0  Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels  Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels  Tuesday 7:00 p.m. – 8:00 p.m. Ball Machine Blast: All levels  Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Wednesday 10:00 a.m. – 11:30 a.m. 2.5 - 3.0 Ladies Match Play  Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Thursday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 2.5 - 3.0  Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Saturday 8:00 a.m. – 9:00 a.m. Adult Academy: USTA 3.0 - 3.5  Saturday 11:00 a.m. – 12:00 p.m. Adult Excellence Beginner: 2.5 - 3.0  Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels</p>
<h1>3.0</h1>	<p>Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels  Monday 6:00 p.m. – 7:00 p.m. College Game Day 2.5 - 3.0  Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Tuesday 9:00 a.m. – 10:00 a.m. Ladies Excellence: Orange Tencap  Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels  Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels  Tuesday 7:00 p.m. – 8:00 p.m. Ball Machine Blast: All levels  Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Wednesday 10:00 a.m. – 11:30 a.m. 2.5-3.0/3.0-3.5 Ladies MatchPlay  Wednesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.0 -3.5  Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Thursday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 2.5 - 3.0  Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Saturday 8:00 a.m. – 9:00 a.m. Adult Academy: USTA 3.0 - 3.5  Saturday 11:00 a.m. – 12:00 p.m. Adult Excellence Beginner: USTA 2.5 - 3.0  Saturday 12:00 p.m. – 1:00 p.m. Ladies Excellence USTA 3.0 - 3.5  Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels</p>
<h1>3.5</h1>	<p>Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels  Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Tuesday 10:00 a.m. – 11:30 a.m. 3.5 – 4.0 Ladies Match Play  Tuesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.5 -4.0  Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels  Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels  Tuesday 7:00 p.m. – 8:00 p.m. Ball Machine Blast: All levels  Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Wednesday 9:00 a.m. – 10:00 a.m. Ladies Excellence: Yellow Tencap  Wednesday 10:00 a.m. – 11:30 a.m. 3.0 - 3.5 Ladies Match Play  Wednesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.0-3.5  Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Thursday 9:00 a.m. – 10:00 a.m. Ladies Excellence: Green Tencap  Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels  Thursday 6:00 pm. – 7:00 p.m. College Game Day: USTA 3.5 - 4.0  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Saturday 8:00 a.m. – 9:00 a.m. Adult Academy: USTA 3.0 - 3.5  Saturday 9:00 a.m. – 10:00 a.m. Men's Training: USTA 3.5 and up  Saturday 12:00 p.m. – 1:00 p.m. Ladies Excellence USTA 3.0 - 3.5  Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels</p>
<h1>4.0</h1>	<p>Monday 10:00 a.m. – 11:00 a.m. Ladies Excellence: White Tencap  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels  Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Tuesday 10:00 a.m. – 11:30 a.m. 3.5 - 4.0/4.0 -4.5 Ladies Match Play  Tuesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.5 -4.0  Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels  Tuesday 6:00 p.m. - 7:00 p.m. Shot of the Week - Baseline: All Levels  Tuesday 7:00 p.m. – 8:00 p.m. Ball Machine Blast All levels  Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Wednesday 9:00 a.m. – 10:00 a.m. Ladies Excellence: Yellow Tencap  Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast  Wednesday 6:00 p.m. – 7:00 p.m. College Game Day: USTA 4.0+</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels  Thursday 6:00 pm. – 7:00 p.m. College Game Day: USTA 3.5 - 4.0  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Saturday 9:00 a.m. – 10:00 a.m. Men's Training: USTA 3.5 and up  Saturday 10:00 a.m. – 11:00 a.m. Adult Academy: USTA 4.0 - 4.5  Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels</p>
<h1>4.5</h1>	<p>Monday 10:00 a.m. – 11:00 a.m. Ladies Excellence: White Tencap  Monday 12:00 p.m. – 1:00 p.m. Ladies Excellence: Red Tencap/4.5+  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels  Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Tuesday 10:00 a.m. – 11:30 a.m. 4.0 - 4.5 Ladies Match Play  Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels  Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels  Tuesday 7:00 p.m. – 8:00 p.m. Ball Machine Blast: All levels  Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast  Wednesday 6:00 p.m. – 7:00 p.m. College Game Day: USTA 4.0+</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels  Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Friday 12:00 – 1:00 p.m. College Game Day: USTA 4.5+ Invite Only  Saturday 9:00 a.m. – 10:00 a.m. Men's Training: USTA 3.5 and up  Saturday 10:00 a.m. – 11:00 a.m. Adult Academy: USTA 4.0 - 4.5  Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels</p>