



Adult Programming January 5 – March 10

Class Descriptions:

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.

1500:	An awesome addition to your cardio workout! You'll hit 1,500 balls with pro-led instruction leaving you sweating like crazy. Mixed.
Adult Academy/Level Up:	Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally! Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed.
Cardio:	This cardio class delivers the ultimate full-body, calorie-burning aerobic workout while concentrating on dynamic, competitive game/point play. Mixed.
College Game Day/Level Up:	Game-on with a fast-paced, game-oriented structure in a competitive setting. Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed.
EliteStart 2.0:	A great transition class for our recent EliteStart graduates and for those wanting to work their strokes prior to entering mainstream classes. 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 who plans to compete in leagues and tournaments.
Serve & Return:	This slower-paced class will detail how to improve key elements of the game: your serve and return. Mixed.
Shot of the Week/Level Up:	Pros choose a skill to incorporate into your match play and build on week-to-week into your competitive play. Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed.
Triples:	If you've never played triples, now is the time to try it out! Get ready for fast-paced, competitive play. Fun for all levels! Mixed.

Adult Leagues:

If you are interested in joining a league, please contact Tammy Jordan at tjordan@elitetennisandwellness.com. All league play is free to *inclusive* members.

Men's Doubles League:	<p>Level-specific fun for men who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> • 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 7:00 p.m. – 8:30 p.m.
Ladies' Doubles League:	<p>Level-specific fun for ladies who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> • USTA 2.5 Sunday 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. • USTA 3.5 - 5.0 Tri-level League Tuesday 7:00 p.m. – 9:00 p.m.
Mixed Doubles:	<p>Join us for fun, social Friday nights 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 for help getting a partner!</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2.5	10:00-11:00am: Ladies Excellence Purple 4:00-5:00pm: Cardio 5:00-6:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up 7:00-8:00pm: EliteStart 2.0	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Cardio 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 10:00-11:00am: Elite Start 2.0 12:00-1:00pm: Shot of the Week/Level Up 7:00-8:00pm: EliteStart 2.0	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Triples	10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week/Level Up 1:00-2:00pm: Serve & Return	11:00am-12:00pm: Adult Academy/Level Up
3.0	4:00-5:00pm: Cardio 5:00-6:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up	6:30-7:30am: Adult Academy/Level Up 9:00-10:00am: Ladies Excellence Orange 12:00-1:00pm: Cardio 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Triples	10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week/Level Up 1:00-2:00pm: Serve & Return	8:00-9:00am: Adult Academy/Level Up 11:00am-12:00pm: Adult Academy/Level Up 12:00-1:00pm: Ladies Academy/Level Up
3.5	4:00-5:00pm: Cardio 5:00-6:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Cardio 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up	12:00-1:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 9:00-10:00am: Ladies Excellence Green 12:00-1:00pm: Triples 6:00-7:00pm: College Game Day/Level Up	10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week/Level Up 1:00-2:00pm: Serve & Return	8:00-9:00am: Adult Academy/Level Up 9:00-10:00am: Men's Training/Level Up 12:00-1:00pm: Ladies Academy/Level Up
4.0	4:00-5:00pm: Cardio 5:00-6:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Cardio 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week/Level Up	9:00-10:00am: Ladies Excellence Yellow 12:00-1:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Triples 6:00-7:00pm: College Game Day/Level Up	10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week/Level Up 1:00-2:00pm: Serve & Return	9:00-10:00am: Men's Training/Level Up 10:00-11:00am: Adult Academy/Level Up
4.5	9:00-10:00am: Ladies Excellence White 11:00-12:00pm: Ladies Excellence 4.5-5.0 Red 4:00-5:00pm: Cardio 5:00-6:00pm: Shot of the Week/Level Up	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Cardio 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week/Level Up	12:00-1:00pm: Shot of the Week/Level Up 6:00-7:00pm: College Game Day/Level Up 4.5-5.0	6:30-7:30am: Adult Academy/Level Up 12:00-1:00pm: Triples	10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week/Level Up 12:00-1:00pm: Invite Only 4.5+ 1:00-2:00pm: Serve & Return	9:00-10:00am: Men's Training/Level Up 10:00-11:00am: Adult Academy/Level Up

Please note these breaks in programming:

- January 17th
- February 17th – 21st

Spring programming begins March 22, 2022.