

GAC ADULT TENNIS



A fun group activity including a warm-up, a great cardio workout, and a cool down – all set to music.

Drop in and try it out!

Tuesdays and Thursdays 9:00–10:00 a.m.

Members: FREE

Non-members: \$12*

*For Non-members, we have a ***Cardio/Mixed Workout Package*** (Electronic Punch Card) available for \$50/5 visits. It can be used for both ***Cardio Workout*** and ***Mixed Workout*** classes.

Available for Purchase at the Service Desk

Note: Cardio/Mixed Workout Packages/Punch Cards

Expire 6 months from Purchase date

For more information, contact Cris Frye at (810) 606-7522 or email her at Crisanne.frye@ascension.org



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GENESYS
ATHLETIC CLUB