



For private lessons email
tennis@gfsandt.com

GFS&T Tennis

Adults: April 3-May 26

No class 4/9-4/16

Cardio Tennis – Men & Women

Thurs 6:30-7:30pm
Tues 10:30-11:30am
Sat 8-9am

\$15/class; Sign up weekly

The most fun group exercise class you'll ever take! This high-energy workout combines fitness with tennis drills and games to raise your heart level and burn calories. You'll notice improved agility and explosiveness.

Adult Intro to Tennis– Men & Women

Wed 12-1pm
Sun 12-1pm

Wed \$105 (7-weeks); Sun \$75 (5-weeks)

If you've always wanted to try tennis, or think it's time to learn correct technique, this is the class for you. We get you rallying! You'll learn strokes, grips, rules, and scoring so you can start enjoying the game!

Stroke of the Week– Men & Women

Mon 12-1pm

\$15/class; Sign up weekly

Learn effective footwork patterns, grips, and spins for each stroke to give you the proper edge on the court!

Strategic Women's Doubles Clinic

Tues 1-2:30pm 2.5/3.0 Level
Mon 9-10:30am 3.5+ Level
\$168 (7-weeks)

This clinic emphasizes doubles patterns and offensive/defensive formations. Learn the various roles of being a doubles partner and how to recognize your next strategic move on the court.

Men's Workout

Mon 7:30-9pm

\$20/class; Sign up weekly

Cover all strokes in this high-energy drill class where you'll hit tons of balls and get repetitive practice on groundstrokes and volleys.

Mixed Around - Men & Women

Fri 7:30-9pm

4/28: Wilson Demo Night

5/12: Grip it & Rip it

5/26: Gear Blowout Sale

\$10 (includes door prizes & pizza; BYOB)

This clinic is a fun mix of drills and doubles tactics for 30 minutes and an hour of mixed around doubles games! The coaches will keep you moving and rotating. Each night has a theme of its own.

Evening Drills – Men & Women

Thurs 7:30-9pm

\$168 (7-weeks)

This clinic is a fun mix of drills and doubles tactics! The coaches will keep you moving and rotating through match point situations.

Team Practice

Mon 1-2:30pm GWTA C1

Wed 1-2:30pm GWTA C2

Wed 7:30-9pm NVTL B&C Eve

Fri 8:30-10am NVTL B2

Fri 10-11:30am GWTA B2

Fri 11:30-1pm NVTL B3

Members Only; \$140 (7-weeks)

Winning seasons start on the team practice court! This is the opportunity to find winning doubles pairings, review match strategies, and have a little fun with your teammates. This is open ONLY to Club Members.

Coming Soon

May: Men's Singles Ladder

June: Friday Night Socials

June: Member/Guest Tournament

To sign up: Call 703-999-8860 or email Coach Branden at tennis@gfsandt.com.

Cardio Tennis & Men's Workout are weekly and require 48-hour advance sign up. Please call for non-member pricing.