



No class
3/24-3/27

GFS&T Tennis

MARCH 1-APRIL 2

Cardio Tennis – Men & Women

Wed 6-7pm
Thurs 9-10am
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

\$75/Wed (5-weeks); \$60/Sun (4-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

\$45 (3-weeks)

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
Fri 11:30-1pm 3.5+ Level
\$96 (4-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

Tues 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.

Singles Strategy

Thurs 10-11:30am

\$120 (5-weeks)

If you already consider yourself a singles player or want to develop the confidence and skill needed to win at singles, this is your practice!

Evening Drill Clinic – Men & Women

Thurs 7:30-9pm

\$120 (5-weeks)

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

NVTL Pre-Season Team Practice

Mon 9-10:30am NVTL B1/GWTA C1
Mon 10:30-12pm GWTA C2/NVTL B3
Tues 6-7:30pm NVTL B Evening
Wed 9-10:30am NVTL A/GWTA B2
Thurs 6-7:30pm NVTL C Evening

Members Only; \$60/Mon (3-weeks), \$80/Tues (4-weeks), \$100/Wed/Thurs (5-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.

Private, Small Group, and
Junior lessons available!
Inquire for schedule & rates.

To sign up: Call the GFS&T Pro-Shop at 703-999-8860 or email Coach Branden at beetstennis@gmail.com.
Cardio Tennis & Men's Workout are weekly and require 48-hour advance sign up. Please call for non-member pricing.