



RANCHO VALENCIA  
resort & spa

# Tennis-Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Men's Drop-In</u> Citrus Court 9:00-11:00</p>	<p><u>B-Team</u> <u>Workout-\$\$</u> 9:30-11:00am PRO SHOP</p>		<p><u>TRX-Tennis</u> 11:30-12:30 Fitness Center Terrace Studio CINDI</p>		<p><u>TRX-Tennis</u> 11:30-12:30 Fitness Center Terrace Studio STACIE</p>	<p><u>Men's Drop-In</u> Citrus Court 9:00-11:00</p> <p><u>Cardio Tennis-\$\$</u> 9:30-10:45 PRO SHOP</p> <p><u>Outdoor Fitness</u> <u>Bootcamp</u> 10:00-11:00 *Croquet Lawn STEPHANIE</p>

### Cardio Tennis

Open to guests of all skill levels, Cardio Tennis is a conditioning class that includes tennis drills, games and conditioning blasts focused on improving fitness and footwork. This class utilizes speed ladders as well as lower compression tennis balls so allowing players of all skill sets to participate. Polar heart rate monitors are also provided to allow you to track both your heart rate and calories burned.

*\$\$- Please contact the tennis pro shop regarding the costs associated with this class*

### Tennis- TRX

Open to guests of all skill levels, this class combines TRX exercises with tennis-based drills to help improve strength and agility both on and off the tennis court