

Adult Drills



Sign up weekly for the drills you are interested in attending.
Please register in advanced by calling the Reception Desk
(920-457-4444) or on the Sports Core App.

Drill	Time	Member	Nonmember
MONDAY			
3.0-3.5 Drill	10:30-11:30am	\$16	\$21
3.5-4.5 Drill	7:30-9pm	\$24	\$29
TUESDAY			
♥Cardio Tennis	9:00-10:00am	\$16	\$21
Open Level Drill	10:00-11:00am	\$16	\$21
WEDNESDAY			
♥Pulse Tennis	10:00-11:00am	\$16	\$21
THURSDAY			
Open Level Drill	10:00-11:30am	\$24	\$29
Back to Tennis	11:30am-12:30pm	\$16	\$21
FRIDAY			
Open Level Drill	11:00am-12:00pm	\$16	\$21
♥Cardio Tennis Adv.	12:00-1:00pm	\$16	\$21
♥Cardio Tennis Int.	1:00-2:00pm	\$16	\$21
SATURDAY			
Open Level Drill	10:00-11:30am	\$24	\$29
SUNDAY			
Open Level Drill	10:00-11:30am	\$24	\$29
3.5-4.5 Drill	1:30-3:00pm	\$24	\$29

♥Classes are high intensity.

SPORTS CORE

100 Willow Creek Drive, Kohler
920.457.4444 | www.sports-core.com

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OPEN LEVEL DRILLS & 3.0-3.5 & 3.5-4.5 DRILLS

The focus of each drill will vary based on the group that attends the drill. Drills can focus on stroke production and/or strategy.

PULSE TENNIS

This 60 minute option is great for someone that wants to get a great hit in. Majority of the class is led by the pro. It doesn't matter what your tennis level is for this class. Join in and get a great workout on court.

CARDIO TENNIS

Our Tennis professionals will get your heart pumping during this hour class. Non-stop movement, the chance to find your rhythm while playing to upbeat music will ensure that you get a great workout. This is a great option for any level tennis player.

BACK TO TENNIS

Have you not picked up a racquet since high school? Have you only played a little bit of tennis? This is a great class option for you. The fundamentals are the main focus of this class. This is the class to get you back into the swing of the game.

Questions?

Kelly Monahan - Head Tennis Pro

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