

### Junior Fitness & Tennis Fall 2019

Fall 1  
9/2—10/11



Fall 2  
10/14—11/22

For questions, scheduling or registration for:

#### Fitness Services

Contact Ali at [alimolnar@ferris.edu](mailto:alimolnar@ferris.edu) or 231-591-2217

#### Tennis Services

Contact Lee at [leecornelius@ferris.edu](mailto:leecornelius@ferris.edu) or 231-591-2214

(231) 591-2212

14342 Northland Drive Big Rapids, MI 49307

[www.FerrisRacquetAndFitness.com](http://www.FerrisRacquetAndFitness.com)

FB: FerrisRQT IG: Ferris\_RQT

# RQT SERVICES

## U FIT

Continuing: \$100 New or Returning: \$160

Our U FIT program offers a perfect blend of fitness classes and personal coaching. Commit to clean eating and consistent exercise for 6 weeks and see how quickly your body (and mind) can transform into a leaner, more fit U!

## Personal Training

Contact Ali for more info  
(contact info on front of flyer)

Following a consultation to establish your goals and starting point, your trainer will create a personalized progressive workout program and assist you in establishing healthy nutrition habits. Personal training provides accountability and motivation that will assist you in reaching your goals. One on one & small group training (2-4 individuals) sessions available.

## Nutrition Coaching

Contact Ali for more info

Are you struggling with healthy eating and need some accountability? We can help! We offer one time coaching and email accountability services.

## Body Composition Assessment

Contact Ali  
for more info

Body composition assessment includes obtaining your weight, body fat, hydration, BMI, bone mass, muscle mass, body circumference measurements, and pictures.

## Pro Shop Services

Tennis Racquet Stringing Labor: \$15/racquet

Rush Stringing Labor (48hrs): \$25/tennis racquet

Racquet Rental: \$4/racquet

String Available for Sale: \$8 & Up

Junior & Adult Racquets Available for Sale: \$19 & Up

# TENNIS CLASSES

## Big Paw Little Paw

### (Ages 2-3)

Members: \$6 drop in or \$30/session  
Non-members: \$7 drop in or \$40/session

Parent/guardian and child participate together in fun, age-appropriate activities that help to develop the motor and socialization skills necessary to continue with tennis and other sports as they grow. Equipment is provided.

## Challenger 1

### (Ages 4-6)

Members: \$9 drop in or \$39/session  
Non-members: \$11 drop in or \$52/session

This class focuses primarily on developing balance, timing, tracking, and hand-eye coordination skills through fun games. This is an exciting class that prepares children for the next level of tennis and other sports. Modified equipment and courts are used in this class.

## Challenger 2

### (Ages 6-10)

Members: \$9 drop in or \$39/session  
Non-members: \$11 drop in or \$52/session

This class builds on the motor skills learned in Challenger 1 and now introduces students to Rally Phase. Modified equipment and court size will increase the challenge level in games. Modified points play will be introduced in this class to teach students how to face winning and losing.

## Competitor 1

### (Ages 10-12)

Members: \$9 drop in or \$39/session  
Non-members: \$11 drop in or \$52/session

Students will focus on developing proper strokes and improving consistency in rallying. In this class, more competition is introduced aiding the students in learning teamwork and sportsmanship.

# FITNESS & TENNIS SCHEDULE

	Mondays	Tuesdays	Wednesdays	Thursdays
4:00-5:00pm	Big Paw Little Paw Challenger 1 Challenger 2 Competitor 1	Speed & Agility (class offered 10/14-11/22)	Big Paw Little Paw Challenger 1 Challenger 2 Competitor 1	Speed & Agility (class offered 10/14-11/22)
5:00-6:30pm		Competitor 2 Intensive Tennis		Competitor 2 Intensive Tennis
5:30-6:30pm			FREE Run/Walk Group	

## Tennis Private Lessons Contact Lee for more info (contact info on front of flyer)

Bring your game to a higher level with a private lesson from one of our great teaching professionals! Whether you are looking to build skills to play competitively in the future or improve your game for an upcoming competition season, our professionals will help you reach your goal. We also offer customized group training, team practice, camps, or lessons to better fit your schedule and your needs. Lessons can be tailored for any areas your group wants to work on.

### Private Lesson (1-2 players) with Head Pro

Member: \$44/hr

Non-member: \$47/hr

### Private Lesson (1-2 players) with Assistant Pro

Member: \$26/hr

Non-member: \$30/hr

## Information You Need To Know

**Attending a new class?** Wear comfortable clothes and athletic shoes. Bring a bottle of water and a sweat towel. Arrive 5-10 minutes early so we can help you get situated and answer any questions you may have before class begins. A limited number of tennis racquets are available for use during classes. Please bring your own racquet if you have one. If you need assistance with determining proper racquet size, please contact Head Pro Lee (contact info is on front of flyer).

**Class Cancellation:** If there are less than 6 people registered for a class, the class may be canceled after the second week. If you were registered for the full session, you will be provided a pass for the remainder of classes which can be used toward any other classes within the semester.

**Want more flexibility with fitness classes?** The 10 visit punch card allows you to attend any fitness classes giving you the ability to switch up your fitness classes anytime during the session. Once you have used all 10 punches, turn your card in at the front desk for a **FREE fitness pass**, which allows entrance to one free fitness class of your choice within the semester!

## Competitor 2 (Ages 13-17)

Members: \$14 drop in or \$65/session

Non-members: \$17 drop in or \$78/session

This class focuses on stroke production, as well as combining directions and strategies in points play to prepare students for Middle School and High School teams.

## Intensive Tennis (Pro Approval)

Members: \$14 drop in or \$65/session

Non-members: \$17 drop in or \$78/session

Players for this class must be pro approved prior to registering as this is the top level in our training program. Player's stroke technique, strategy, court position, and mental toughness will be sharpened through strength training, drills, and point play, all designed to grow a player's potential for better match performance. See flyer for more information on our USTA Junior Club Team.

# FITNESS CLASSES

## Speed & Agility (Ages 7-17)

Members: \$4 drop in or \$20/session

Non-members: \$8 drop in or \$40/session

This class focuses on the form and fundamentals needed to become a better athlete in all sports. Sessions focus on speed drills, agility, functional movement, plyometric and explosive movements. **This class will be offered 10/14-11/22.**

## Run/Walk Group

Members: FREE

Non-members: FREE

Join us Wednesdays at 5:30pm for a run/walk. We warm up, run/walk, and do some cool down stretching. Distances vary based on speed and abilities, but we make sure everyone has a buddy to run or walk with. This group is **FREE & OPEN TO ALL!**