



**life fitness center**  
Feel great. Get strong. Live long.

2020 / 2021



# Adult Tennis Clinics

**PLEASE CONFIRM AHEAD OF TIME if attending **ANY** cardio/clinic by texting Dan at 563-650-2198**

## Monday

|              |                        |                                    |
|--------------|------------------------|------------------------------------|
| 10:30-12:00p | Drop-In Clinic 3.0+    | <i>Intermediate</i>                |
| 12:00-1:00p  | Cardio                 | <i>Advanced Beginner- Advanced</i> |
| 7:00-8:30p   | Drop-In Clinic 3.5-4.5 | <i>Advanced</i>                    |



## Tuesday

|             |                     |                                    |
|-------------|---------------------|------------------------------------|
| 9:00-10:30a | Drop-In Clinic 3.0+ | <i>Intermediate</i>                |
| 12:00-1:00p | Cardio              | <i>Advanced Beginner- Advanced</i> |

## Wednesday

|             |                        |                                    |
|-------------|------------------------|------------------------------------|
| 12:00-1:00p | Cardio                 | <i>Advanced Beginner- Advanced</i> |
| 6:00-7:30p  | Drop-In Clinic 3.5-4.5 | <i>Advanced</i>                    |

## Thursday

|             |                     |                                    |
|-------------|---------------------|------------------------------------|
| 9:00-10:30a | Drop-In Clinic 3.0+ | <i>Intermediate</i>                |
| 12:00-1:00p | Cardio              | <i>Advanced Beginner- Advanced</i> |

## Saturday

|             |                |                                       |
|-------------|----------------|---------------------------------------|
| 9:00-10:30a | Drop-In Clinic | <i>Advanced Beginner-Intermediate</i> |
|-------------|----------------|---------------------------------------|

## Beginner Clinics

Contact Dan Patrick: 563-650-2198 *for information*

|                        | <u>Pricing</u>                 |                 |
|------------------------|--------------------------------|-----------------|
| Cardio Classes         | \$12 member                    | \$15 non-member |
| Drop-In Clinics        | \$20 member                    | \$23 non-member |
| Ball Machine Rental    | \$10/hr + court fees (\$22/hr) |                 |
| Private Lesson (60min) | \$54 member                    | \$61 non-member |
| Group Lesson (60min)   | \$54 member                    | \$61 non-member |

Fees are paid only when attending. Please stop at the LFC front desk on your **FIRST VISIT**, or enroll at [www.bettendorf.org/register](http://www.bettendorf.org/register)

