



Great 8 Week Sessions! More flexibility to meet your schedule.

Plan ahead with our school-year schedule for kids and adults. Priority Enrollment for Members Only thru July 31, 2017.

Open Registration (non-members) begins 8/1/17 for all sessions through late spring.

Prices vary based on the number of classes in each 8 week session (variation due to holidays). Tax is added to all prices.

Early Fall	Late Fall	Winter	Early Spring	Late Spring
Sep 5- Oct 29	Oct 30-Dec 23	Jan 2 – Feb 25	Feb 26-April 22	April 23-June 17
NO Clinic 9/5	NO Clinic 11/23, 12/1, 12/2,12/3 YES clinic on 11/11	YES to all days!	NO Clinics (Spring Break), 4/2- 4/6; YES on 3/31 & 4/7	NO Clinic 5/27 & 5/28

RED, ORANGE, GREEN, AND YELLOW BALL TENNIS CLINICS

Our Red-Orange-Green ball tennis clinics are about fitting tennis to kids based on age and ability. The colored balls are graduated in size and bounce to give each child control and success. Regulation yellow balls are used for middle school ages and up. Beginner levels are open to anyone. Placement in the Intermediate/Advanced levels requires approval from one of our Pros from previous clinic experience or by taking a "Placement Lesson" (by appointment only).



ELEMENTARY	Age	Level	Weekday	Time	Early Fall		Late Fall	
					Member	Guest	Member	Guest
Aces 1 Red Ball	5-8	Beginner	Thur Only	2:00-3:00 pm	\$143	\$159	\$125	\$139
Aces 1 Red Ball	5-8	Beginner	Mon & Wed	4:00-5:00 pm	\$269	\$299	\$287	\$319
Aces 1 Red Ball	5-8	Beginner	Sat Only	11:30am-12:30	\$143	\$159	\$125	\$139
Aces 1 Orange Ball	8-11	Beginner	Thur Only	2:00-3:00 pm	\$143	\$159	\$125	\$139
Aces 1 Orange Ball	8-11	Beginner	Mon & Wed	4:00-5:00 pm	\$269	\$299	\$287	\$319
Aces 1 Orange Ball	8-11	Beginner	Sat Only	11:30am-12:30	\$143	\$159	\$125	\$139
Aces 2 Green Ball	8-11	Int & Adv	Tue & Thu	4:00-5:00 pm	\$287	\$319	\$269	\$299

YELLOW BALL JUNIOR TENNIS CLINICS	Age	Level	Weekday	Time	Early Fall		Late Fall	
					Member	Guest	Member	Guest
Aces 3- Middle School	10-14	Beg/Low Int	Mon & Wed	5:00-6:00 pm	\$269	\$299	\$287	\$319
Aces 3 – Middle School	10-14	Beg/Low Int	Sat Only	10:30-11:30 am	\$143	\$159	\$125	\$139
Aces 4 – Middle School	10-14	Int & Adv	Tue & Thu	5:00-6:00 pm	\$287	\$319	\$269	\$299
Aces 4 – Middle School	10-14	Int & Adv	Sat Only	9:30-10:30 am	\$143	\$159	\$125	\$139
Aces 5 – HS JV	14-18	Beg/ Low Int	Mon & Wed	3:00-4:00pm	\$269	\$299	\$287	\$319
Aces 6 – HS Varsity	14-18	Int & Adv	Tue & Thu	3:00-4:00 pm	\$287	\$319	\$269	\$299



JETT ~ JUNIOR ELITE TENNIS TEAM				Early Fall		Late Fall	
Ready for tournament play? Our JETT teams have longer practices and focus on the physical and mental game for competition. Juniors must be pre-approved by our Tennis Pros to join our tournament ready team.				Member	Guest	Member	Guest
JETT 18 & Under	Wed 7-8:45pm & Sun 5:00-6:15pm	\$431	\$479	\$386	\$429		
JETT 14 & Under	Fri 5:00-6:15pm & Sun 3:45-5:00 pm	\$359	\$399	\$291	\$324		



ADULT TENNIS CLINICS ~ Take 25% OFF your first tennis clinic with us!

	LEVEL:	NTRP	Weekdays	Time	Early Fall 9/6-10/30		Late Fall 10/31-12/22 <i>NO Clinic 11/24, 12/3, 12/24; YES on 11/11</i>	
					Member	Guest	Member	Guest
Adult 1	Beginner	Beginner	Mon & Wed	6:00-7:00 pm	\$269	\$299	\$287	\$319
Adult 1	Beginner	Beginner	Sat Only	8:30-9:30 am	\$143	\$159	\$125	\$139
Adult 2	Beg/Int	2.0-2.5	Mon & Wed	6:00-7:00 pm	\$269	\$299	\$287	\$319
Adult 2	Beg/Int	2.0-2.5	Sat Only	8:30-9:30 am	\$143	\$159	\$125	\$139
Adult 2	Beg/Int	2.0-2.5	Tue Only	12:00-1:00 pm	\$143	\$159	\$143	\$159
Adult 3	Intermediate	3.0-3.5	Wed Only	12:00-1:00 pm	\$143	\$159	\$143	\$159
Adult 3	Intermediate	3.0-3.5	Tue & Thu	6:00-7:00 pm	\$287	\$319	\$269	\$299
Adult 4	Advanced	4.0+	Sat Only	9:30-10:30 am	\$143	\$159	\$125	\$139
Adult 4	Advanced	4.0+	Mon Only	11:00am – 12:00pm	\$125	\$139	\$143	\$159

Tax will be added to all prices.

TENNIS TOURNAMENTS – Open to Non-Members

Oktoberfest Doubles Tournament – Yah!

October 6-8, \$25 per entry
 Doubles Teams for Men, Women, & Mixed
 Combined Team NTRP of Open, 7.5, 7.0, 6.0
 Includes Bratwurst & Beverages on Saturday

Holiday Open Tennis Tournament (USTA Sanctioned)

December 1-3, Register online USTA
 \$33 Singles, \$28 Doubles
 Open: Men & Women Singles, Doubles, & Mixed
 Singles: 3.0 & 3.5 Men & Women
 7.5 Doubles Teams: Men, Women, & Mixed



FREE BEGINNER TENNIS CLINICS

Find out why tennis is so fun!
 Learn basic strokes, how to hold a racquet and more!
August 26 October 21 December 16
 Space is Limited! Reserve now by calling the Club.
 1 – 2 pm Elementary & Middle School
 2 – 3 pm High School & Adult

PRIVATE TENNIS LESSON PACKAGES AVAILABLE FOR
 MEMBERS & CLUB GUESTS ~ JUST ASK!





BELLINGHAM TRAINING & TENNIS CLUB

EARLY FALL SCHEDULE

September 5 – October 28



Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:45	Strong 45 Elizabeth	Ride 60 Elizabeth	Strong 45 Elizabeth	Ride 60 Elizabeth	Strong 45 Elizabeth	
6:30		Strong 45 Kendyl				
7:00	Cycle Moles Daniel	CardioTennis Matthew	Cycle Moles Daniel		Ride 60 Elizabeth	
8:30	TRX 30 – L1 Elizabeth	Healthy Knees 1 Robin	TRX 30 – L1 Elizabeth	Healthy Knees 1 Robin	TRX 30 – L1 Elizabeth	8:00 am Ride 60 Daniel
9:00	TRX Mobility Daniel	TRX 45 – L2 Elizabeth	Ride 60 Daniel	TRX 45 – L2 Elizabeth	TRX Mobility Jackie	
9:30	Ride 30 L2 Jackie	Healthy Knees 2 Jackie		Healthy Knees 2 Jackie	Ride 30 L1 Jackie	
10:00	VIP - Tyler		VIP - Tyler		VIP - Tyler	
	Ride 30 L1 Jackie			Ride 30 L2 Jackie		
11:00	Body Con 45 Tyler		Body Con 45 Daniel		Body Con 45 Tyler	
12:00					CardioTennis Griffin	
4:30		Healthy Knees 1 Robin		Healthy Knees 1 Robin		
5:30	Strong 45 Tyler	Ride 60 Daniel	Strong 45 Roxanne	Ride 60 Matt V	Strong 45 Tyler	
			Ride 60 Elizabeth			
6:30	Ride 60 Matt V	6:45 Cycle Moles Robin		6:45 Cycle Moles Matt V		

Classes in red text indicate a Premium Program, which requires registration & additional fee.
Classes in a gray box indicate that they will take place in the “ride” cycle studio.



**GET FIT (Group Essential Training)
DROP-IN CLASSES (included with Silver &
Gold Memberships, or \$18/Class)**

Strong 45

Strength + cardio conditioning for general population. Includes intervals on cardio equipment and strength with kettlebells, TRX, weight stacks + more! 45 min.

Body Con 45

Total Body Conditioning (*Body Con for short*) is a full body workout featuring a mix of strength, flexibility and cardio suited for the active aging population. 45 minutes.

Ride 30

This short, 30-minute interval training class offers two levels to choose from. We highly recommend warming up before this workout.

Level 1 = shorter intervals and longer recovery periods for those just starting out, beginning their conditioning or needing a lighter workout day.

Level 2 = more intense with longer working intervals and shorter recovery periods for maximum effort and calorie burn.

Ride 60

This cycle class offers a big calorie burn and fun, challenging & energizing workouts. Ride focus and difficulty varies throughout the month. Work at your own level. 60 minutes.

TRX 30 + 45 (L1 & L2)

These new TRX workouts are geared toward specific ability and experience levels.

Level 1 = for the TRX newbie. 30 minutes

Level 2 = for the seasoned TRXer looking for more advanced moves. Not recommended for participants with limited physical abilities or injuries. Prior TRX experience required. 45 minutes

Cardio Tennis

Fast-paced drills and games will keep your body in constant motion, improve your speed & agility, and burn a ton of calories. Expect to sweat! 60 minutes. (*Recommended skill level of 2.5+ and the ability to run on court*)

GET Fit & Premium Program Descriptions

PREMIUM PROGRAMS

Fitness Camps

Enrollment Required

“VIP”

VIP is Small Group Training by a Personal Trainer. Available only with Gold Memberships (*waitlist available at front desk*). 30 minutes. Max 6 participants. Drop-ins not available.

TRX MOBILITY

This active aging workout is performed 100% on the TRX to improve balance, increase strength and release muscle tension. 45 minutes. This is a monthly camp that requires registration. Monthly fee: \$136 non-members; \$115.60 members.

8 WEEK CYCLE CAMPS:

EARLY FALL starts 9/5

LATE FALL starts 10/30

WINTER starts 1/2

HEALTHY KNEES CYCLING: Tue/Thur

The perfect solution for achy knees and recovery from an injury or surgery. Cycling is one of the best ways to strengthen your knees, hips AND heart without the damage from impact. You'll receive a private bike fit to prepare for class.

Level 1 45 min (30 min on bike + 15 min strength & stretch) Early Fall \$179, Late Fall \$167, Winter \$179

Level 2 60 min (45 min on bike + 15 min strength & stretch) Early Fall \$239, Late Fall \$224, Winter \$239

CYCLE MOLES

Our indoor cycle training program has a specific progressive plan to make you stronger and fitter! Learn the secrets and techniques to enhance your ride indoors or outside.

Level 1 Mon & Wed 7:00 am - 60 min (55 min on bike + 5 min stretch) Early Fall \$224, Late Fall \$239, Winter \$224

Level 2 Tue & Thurs 6:45 pm - 90 min (75 min on bike + 15 min CORE & stretch) Early Fall \$359, Late Fall \$329, Winter \$359

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