



ADULT PROGRAMS



GENNA BURAKOVSKY



NADIA SABLON



NAOUFAL HOUMAIRY



ROD MENDEZ



ANDERS LUNDBERG



IBUKUN ILESANMI



ALBERTO RAMIREZ



ERIC GONG

200 Providence Highway, Dedham MA 02026
781-326-2900 • www.dedhamhealthfitness.com



TennActive is a set of 5 classes and a doubles Round-Robin scheduled in advance.

The program is open to all level players who are looking for a great weekly workout, enhance tennis skills or simply to get back on the tennis court.

Our team of tennis professionals, led by Naoufal Houmairy, have years of experience both teaching and participating in the junior, collegiate and professional levels.

We pride ourselves in bringing out the best in YOU while keeping it fun, exciting and a great learning experience.



TennACTIVE Rates		
Session Pricing	Member Rate	Non-member Rate
5 Classes, 1 Round Robin	\$249	\$325

For more information or to register email Naoufal Houmairy, Tennis Director at naoufal@dedhamhealth.com

APPLICATION FORMS AT THE FRONT DESK

TENNIS THAT FITS YOUR LIFESTYLE



5 DYNAMIC CLASSES • 1 ROUND ROBIN

2022/2023 SESSION SCHEDULE		
Session	Start Date	End Date
Session 1	September 12	October 16
Session 1: Round Robin on Saturday, October 15 from 5:00 pm - 7:00 pm		
Session 2	October 17	November 20
Session 2: Round Robin on Saturday, November 19 from 5:00 pm - 7:00 pm		
NO SCHEDULED CLASSES FROM 11/20 THROUGH 11/27		
Session 3	November 28	January 15, 2023
Session 3: Round Robin on Saturday, January 14 from 5:00 pm - 7:00 pm		
NO SCHEDULED CLASSES FROM 12/18 THROUGH 1/1/2023		
Session 4	January 16, 2023	February 19, 2023
Session 4: Round Robin on Saturday, February 18 from 5:00 pm - 7:00 pm No classes from 2/19 through 2/26		
Session 5	February 27	April 2
Session 5: Round Robin on Saturday, April 1 from 5:00 pm - 7:00 pm		
Session 6	April 3	May 14
Session 6: Round Robin on Saturday, May 13 from 5:00 pm - 7:00 pm No classes from 4/16 through 4/22		



- 5 dynamic classes of 90 minutes with a ratio of 4 adults to one coach on one court.
- Each class is a combination of cardio, workshop and lesson of the week.
- Players are grouped based on their ability level.
- There will be 3 different level classes; 3.0 and under, 3.5 to 4.0 and 4.5 and up.
- All classes are run on 5 courts with 5 certified coaches.



SESSION TIMES			
MONDAYS	TUESDAYS	THURSDAYS	SATURDAYS
7:30 pm - 9:00 pm	7:30 pm - 9:00 pm	9:00 am - 10:30 am	7:30 am - 9:00 am

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