



Fall 2011

Cardio Tennis 10-Packs are here!!

Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full-body, calorie-burning aerobic workout. It is a very social and fun class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are a higher level tennis player it is a great way to get and stay fit. Most classes have mixed ability. But regardless of ability or fitness level our pros are trained to provide the ultimate workout for each person.

Now you can buy 10 classes (a 10-pack!)
and drop-in to any of our 6 weekly classes:

	Monday	8:30-9:30 am
	Tuesday	6:45-7:45 am
	Thursday	9:00-10:00 am
new	Friday	6:30-7:30 pm
new	Saturday	8:00-9:00 am
new	Saturday	9:00-10:00 am

Cost:

Unlimited Members: \$130
Court/Fitness Members: \$160

For more information, please contact Julie Mathison, 249-1000 x 108.

Fall 2011 Cardio Tennis 10-Pack

Name _____

Phone# _____ Email _____

Choose One : Unlimited Member Court Fitness Member