



# Junior Cardio Tennis

## What Is Cardio Tennis??

Cardio Tennis is a high-energy fitness class that combines tennis with cardiovascular exercise, delivering the ultimate, full-body, calorie-burning aerobic workout. It is a very fun class for players of all ability levels. Kids will gain strength, flexibility and endurance through these drills, presented by our own cardio tennis guru, Hayley Homburg.

## Who can join??

Any middle or high school student that is a member of Cherokee.

## When is it??

Every Wednesday from 6:00-7:00 pm (starting Nov. 30<sup>th</sup>).

## How much??

Unlimited Members: \$13/class

Court/Fitness Members: \$16/class



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

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Fall 2011  
Junior Cardio Tennis

Name \_\_\_\_\_

Phone# \_\_\_\_\_ Email \_\_\_\_\_

Choose One :  Unlimited Member  Court Fitness Member