



Summer 2019

Cardio Tennis

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. But regardless of ability or fitness level our pros are trained to provide the ultimate workout for each person.

Monday 9:00-10:30 am

Wednesday 9:00-10:30 am

Saturday 8:00-10:00 am

10-Pack Cost:

	<u>U:</u>	<u>B:</u>
	\$140	\$170 (10- 1 hr. lessons)
+1/2 hr.	\$4	\$5
+1 hr.	\$8	\$10

Drop-In Cost:

	<u>U:</u>	<u>B:</u>
1 st hr.	\$16	\$19
1.5 hrs.	\$20	\$24
2 hrs.	\$26	\$31

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

Tear off top of form and keep for future reference.

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Summer 2019 Cardio Tennis 10-Pack

Name _____

Phone# _____ Email _____

Choose One : Unlimited Member Basic Member

Choose One: Please bill me for a cardio 10-pack
 Please just bill me each time I attend a class