



Winter 2020

# 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.

*Come for 1 hr, 1.5 hrs  
or 2 hrs for a big  
workout!!*

Saturday 8:00-9:00 am

Saturday 9:00-10:00 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 <sup>st</sup> 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.

Fall 2020  
**Cardio Tennis**

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