

CARDIO TENNIS

ALL OF OUR ADULT DRILLS GIVE YOU A GREAT WORKOUT, BUT THIS ONE REALLY GETS THAT HEART RATE UP. ENDORSED BY THE USPTA, THIS CLASS IS A CARDIO WORKOUT ON THE TENNIS COURT AND WILL GROOVE ALL OF YOUR STROKES IN A FUN ATMOSPHERE SET TO MUSIC. OUR CLUBS ARE OFFICIAL CARDIO TENNIS SITES.

SEPTEMBER 3 - DECEMBER 19

MONDAY

9:00AM - 10:00AM EHAC

MONDAY

12:00PM - 1:00PM MAC

MONDAY

6:00PM - 7:00PM EHAC

WEDNESDAY

9:00AM - 10:00AM OHSS

WEDNESDAY

12:00PM - 1:00PM MAC

WEDNESDAY

11:00AM - 12:00PM EHAC

FRIDAY

9:00AM - 10:00AM OHSS

FRIDAY

1:00PM - 2:00PM EHAC

COST PER TIME:

\$14/SUPER \$16/MEMBER \$19/NM