

Tennis

Cardio Tennis

Cardio Tennis returns with a new face and a new energy!

With Iva Gyurgina and Steve Owens

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout.

Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and burn calories, you must try it!

COME GET YOUR SWING ON!

Days & Times: Mondays: 11:00-12:00
 Saturdays: 1:00-2:00

Fee: \$15

Courts 1 & 2

NOTE: TENNIS SHOES REQUIRED. NO EXCEPTIONS.
(No Running Shoes, Casual Footwear, i.e. Merrell, Timberland, etc.)

Saw Mill Club
SAW MILL CLUB

Cardio Tennis Registration Form

Name: _____ Member #: _____

Home Phone #: _____ Work/Cell #: _____

Email Address: _____

Method of Payment: Charge Member Account Credit Card

Credit Card Number: _____

Name on Card: _____ Exp Date: _____

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