

Mondays: 11:00–12:00

Saturdays: 1:00–2:00

Courts 1 & 2

CARDIO **TENNIS**™

**CARDIO TENNIS RETURNS WITH
A NEW FACE & A NEW ENERGY!**

With
Iva Gyurgina
&
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!

\$15 per class

COME GET YOUR SWING ON!