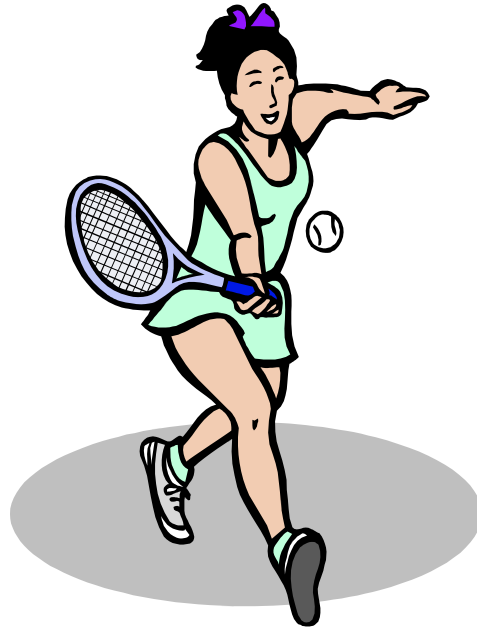


# Cardio Tennis



Monday  
11am – 12

Noon with Phillip

Thursday 8am-9am with Spritely

Friday 11am – 12 Noon with George

Saturday 7:30am-8:30am with Jeff and Lance

**\$12 per session**

**Sign up at the front desk.**

Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a 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 want to find a healthy, new way to get in shape and to burn calories ... try Cardio Tennis!