2017 Extreme Cardio Tennis

What is it?

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games!
- It's a party on the tennis court!
- Tennis on steroids!
- Extreme Cardio Tennis brings the "sexy" back to tennis!
- Includes warm-up, cardio tennis games, and cool-down phase;
- Features heart rate monitors and on-court TV screen to track your performance;
- Participants consistently elevate their heart rates into their aerobic training zone;
- Players get short cycles of high intensity workouts and periods of rest almost like interval training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.5 – 4.5 8 – 9 am	3.5 – 4.5 8 – 9 am					
			3.0 – 4.0 9 – 10 am			3.0 – 4.0 9 – 10 am
	2.5+ 12 – 1 pm	3.5 + 12 – 1 pm				
	3.5 – 4.5 6 – 7 pm	2.5+ 6 – 7 pm	3.0 – 4.0 6 – 7 pm			

Introductory Program Prices:	10 pack - $160	$16 per time
	20 pack - $260	$13 per time
	Drop-in Rate:	$20 per time

For more information and a free trial contact:
Thiago Santos at 316-993-9366 or tsantos@genesishealthclubs.com