



2018 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 | | | | | |
| 3.5 – 4.5 | 8:30 - | | | | | |
| 8 – 9 am | 9:30 am | | | | | |
| | | | 3.0 - 4.0 | | | 3.0 - 4.0 |
| | | | 9 – 10 am | | | 9 – 10 am |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | 2.5+ | 3.0 + | | | | |
| | 12 – 1 pm | 12 – 1 pm | | | | |
| | 3.0+ | 3.0+ | 3.0+ | | | |
| | 6 – 7 pm | 6 – 7 pm | 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:

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