



# EXTREME CARDIO TENNIS - 2019

## WINTER- SPRING SCHEDULE

January 6<sup>th</sup> – May 30<sup>th</sup>, 2020

(Schedule subject to change – check board by tennis courts periodically)

### TUESDAY/WEDNESDAY/THURSDAY/FRIDAY/SATURDAY

What is it?

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games!
- Features the use of heart rate monitors to track your calorie burn and performance;
- Interval training;
- It's a party on the tennis court!
- Cardio Tennis brings the “sexy” back to tennis!

**No Class: January 18<sup>th</sup>, February 15<sup>th</sup>**

Tuesday	Wednesday	Thursday	Friday	Saturday
		3.0 + Players 8:30-9:30 am		
	3.0 + Players 12:00 – 1:00 pm		3.0 + Players 12:00 – 1:00 pm	3.0 + Players 10:00-11:00 am
3.0 + Players 6:30-7:30 pm				

Program Pricing Member: \$20 - drop in price \$25-Nonmember

\$160 - 10-pack \$210-Nonmember

\$280 - 20-pack \$380-Nonmember



For more information and a free trial, please email:  
Josh Raymond – jraymond@genesishealthclubs.com



**Full payment must accompany registration form. You may bring payment the first day of clinics.**

Charge my:  Visa     MasterCard     AMEX     Discover     House Account

**Everything highlighted is REQUIRED**

Account # \_\_\_\_\_ Exp. \_\_\_\_\_

Enclosed class fee(s) \$ \_\_\_\_\_ **(Checks payable to Genesis Health Clubs)**

**Student's Name** \_\_\_\_\_

Birthdate \_\_\_\_\_

**Email (Required)** \_\_\_\_\_

**Contact Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Payment, membership, enrollment, refund and make-up policies:**

1. Full payment must be included with the registration form. Fee is non-refundable except as follows:
  - For medical disabilities, a pro-rated refund/credit shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.
  - A student who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.
  - If any class is cancelled, Genesis shall make every make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each participant shall be given a refund or credit for the cancelled class.
  - **Only the Director of the Summer Tennis Programs may approve lesson refunds, credits or pro-rated fees.**
2. **For non-members:** I accept full responsibility for my use of any apparatus, appliances facility privilege or service whatsoever, owned and operated by this Club at my own risk and shall hold this club, its shareholders, directors, officers, employees, representatives, and agents harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me resulting therefrom.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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