

# CARDIO TENNIS IS BACK!



**TUESDAYS STARTING 9/9  
1:30-2:30 PM W/ NICK**

**WEEKLY REGISTRATIONS ON COURT RESERVE:  
6 DAYS IN ADVANCE @ 8AM**

**FEE: \$20/DAY  
MEMBERS ONLY**

This fast-paced, music-driven class blends high-energy feeding drills with fun games designed to get your heart pumping while improving your tennis skills. Open to all adult Members (18+) of any ability, participants can expect a full-body workout in a welcoming, upbeat atmosphere. Join us for an hour of movement, music, and tennis that's as fun as it is fitness-focused.