

CARDIO TENNIS



More Fun Than Traditional Gyms!

REGISTRATION OPENS 7-DAYS IN ADVANCE FOR EACH CARDIO TENNIS SESSION

All Levels Welcome!

- Tuesdays, Thursdays, Saturdays
- High Intensity.....9a - 10a
- "FP3" Fast Paced Point-Play.....10a - 11a
- Ball Machine Drill.....11a - 12p

The primary focus is hitting a lot of balls, having a lot of fun, and to always be moving!
Players of all levels are invited.
And did we mention there is great music?

- You will be registered for class upon payment
- If classes are cancelled due to weather, your account will be credited the amount of the class to be used for future purchases at Lakewood Park Tennis Center
- Unfortunately, classes missed on your own account will not be made up
- Sorry, no refunds within 24 hours of class start time

Benefits of Cardio Tennis

All Ages! Co-Ed!
All Levels! Drop-Ins!

- Social and FUN class for all ability levels
- Elevate your heart rate and get a great aerobic workout
- Burn more calories than your regular singles or doubles match-play

CARDIO TENNIS
WANT TO SPONSOR THIS EVENT?
ADVERTISE YOUR BUSINESS HERE!
CONTACT US FOR DETAILS

Check out more...
LakewoodParkTennis.com

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