

COURTSIDE RACQUET CLUB

2009 USTA NATIONAL FACILITY OF THE YEAR

Cardio Tennis

WINTER
2011-12

Cardio Tennis Overview:

● **Winter Class Times:**

Tuesdays: Noon – 1:00 pm
and

Wednesdays: 1:30 – 2:30 pm

December 6, 2011 – March 17, 2012

14 weeks

● **Cost for full session:**

\$350. per person (member)

\$392. per person (non-member)

Cardio Tennis is a fun group activity featuring drills that give players of all abilities an ultimate, high-energy workout, taught by one of Courtside's resident drill sergeants/teaching professionals.

Cardio Tennis includes warm-up, cardio workout, and cool-down phases. It's ideal if you are looking for a great new way to get in shape and to burn calories.

All the evidence indicates, that in order to improve overall health and reduce the risk of heart disease, we need at least 30 (and up to 60) minutes of moderate-intensity aerobic exercise daily. This class will cover a whole week's worth of workouts!

Each Cardio class will include:

- 5-10 minute warm-up segment.
- 30-50 minute Cardio segment.
- 5-10 minute cool-down segment.

Each Cardio Class is taught to music and incorporates many different movements and components of both fitness and tennis that will keep you moving and give you a great workout at the same time!

No play December 24-January 1

www.courtsideracquet.com

Cardio Tennis Winter 2011-2012 Registration

Please send completed registration form to: Courtside Racquet Club, 1115 Route 31 South, Lebanon, NJ 08833

(please check appropriate box)

Class Times:

Tues., Noon – 1:00 pm

OR

Wed., 1:30 – 2:30 pm

member

\$350. per person

non-member

\$392. per person

Name: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Home Telephone: (_____) _____ Cell: (_____) _____

Amount Enclosed: \$ _____

Please indicate:

Credit Card:



OR: VIP Number: _____ Card No: _____ Exp. date _____

OR: Check Enclosed, payable to: **Courtside Racquet Club** Signature: _____

Release Statement: The undersigned, an adult Participant of legal age, agree that the I will abide by the rules of Courtside Racquet Club, LLC and I hereby release, discharge, and/or otherwise agree to indemnify, defend and hold harmless Courtside Racquet Club, LLC, its owners, officers, employees and instructors against any claim by or on behalf of myself or any third party arising out of my involvement in any activities at Courtside Racquet Club. I hereby represent that I am presently healthy, in sound general physical condition and otherwise competent to participate in activities at Courtside Racquet Club. In the event I am unable, for any reason, to make such decisions, I hereby authorize and consent to be transported for emergency medical care, if necessary, and for such emergency medical treatment as may be determined to be in my best interest by the appropriate medical personnel.

Signature: _____ Date: _____