

*Join us for an awesome Cardio Tennis
experience – a heart-pumping,
fun and energetic workout!*

CARDIO Tennis WINTER 2018/2019

INFO.:

- **Monday, Wednesday and Friday: 9 – 10 am**
- **Sunday: 9:30 – 10:30 am**

FREE to VIP Members

Members are allowed one visit per week, but may put their names on the waiting list for additional classes.

\$20. per class for non-members

- Aerobic ball & racquet drills, and games
- Maximum 10 people per class
- Sign-up at Desk

www.CourtsideRacquet.com

**COURTSIDE ●
RACQUET CLUB**

*2009 USTA NATIONAL FACILITY OF THE YEAR
2013, '14, '15, '16, '17, '18 USTA Middlestates Premier Facility*