



## Leisure Services Department **Parks and Recreation**



### **CARDIO TENNIS PROGRAM OVERVIEW:**

A Fun Group Activity that pushes your fitness to a new level with high a energy workout while you improve your tennis skills. Is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It's a great way to meet people and have fun while working out!

**PROGRAM FEE:** \$6.00 per class

**Days and Times:** Tuesdays from 7pm-8pm,  
Thursday from 7pm – 8pm

### **REGISTRATION:**

Advance registration up to one day prior to class. A minimum of 4 participants is required to ensure the pro/student ratio. Walk in registration will be permitted depending on availability.

\*Credit s are issued for Rain-Outs and Injuries Only\*