

Cardio Tennis Classes



Fall/Winter 2009-2010 **Co-Ed Cardio Tennis**

September 14 - January 31, 2010

(Note: No classes November 23-27, 2009 & December 21-January 3, 2010)

Cardio Tennis is an exciting new co-ed group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Each class includes a combination of hitting, footwork and agility drills that are divided into three phases: warm-up, cardio training, and cool-down. Footwork ladders and lunge exercises work the lower body, while quads, hamstring and overhead drills serve to strengthen the core. If you're looking for an alternative cardiovascular workout and want to improve your tennis game, have fun, get in shape and burn calories, Cardio Tennis is for you! We highly recommend Cardio Tennis as a supplement to current singles and doubles play as well as clinic lessons.

Highlights:

- 6:1 ratio
- Consistently elevates heart rate into aerobic training zone
- Burns more calories than playing singles or doubles tennis
- Combines high intensity workouts with periods of rest (used in interval training)
- Get a great workout while improving your tennis game

Schedule: All classes are 60 minutes

Monday	11:00 am
Wednesday	11:00 am & 7:00 pm
Friday	11:00 am
Saturday	11:00 am (members only)
Sunday	11:00 am (members only)

Member - \$15.00

Prospective member - \$25.00

Registration for all classes is required.
To register please contact the CAC Reception Desk at 973-635-1222