

TENNIS



(812) 479-3111

www.tristateathleticclub.com

CARDIO TENNIS

Club Cardio for 3.5 level players +

Traditional Heart Pumping Fitness on the tennis court for ages 19+. Classes are set to music and choreographed to move your heart rate into the proper target zone and enjoy fun activity while getting a great work-out. Unless designated, classes are for 3.5+.

SCHEDULE OF CLASSES

Monday 9:00-10:00am, 5:30-6:30pm
Tuesday 12:00-1:00pm
Wednesday 8:00-9:00am, 5:30-6:30pm

Thursday 7:00-8:00am (4.0), 12:00-1:00pm
Friday 8:00-9:00am (4.0), 12:00-1:00pm
Saturday 9:00-10:00am
Sunday 5:00-6:00pm

Fee: \$85/month/couple or \$20.00 per class

Club Cardio for up to 3.0 level players – Starting January 2018

The same Heart Pumping Fitness on the tennis court for ages 19+. These classes are designed for graduates of Learn Tennis Fast as well as players up to 3.0. A guaranteed great workout. All participants in this program receive a one-time complimentary punch card for five (5) times.

SCHEDULE OF CLASSES

Monday 10:00-11:00am
Tuesday 10:30-11:30am
Wednesday 9:00-10:00am
Thursday 6:30-7:30pm
Sunday 6:00-7:00pm

Fee: \$85/month/couple or \$20 per class

Club Cardio for New Players/Beginners – Starting January 2018

*What a wonderful way to get a Heart Pumping Workout for ages 19+ while on the tennis court. **No tennis skill/experience required!** TSAC provides rackets! These times are designed for the newer player and use “Cardio” balls to promote longer rallies for an exhilarating workout! All participants in this program receive a one-time complimentary punch card for five (5) times.*

SCHEDULE OF CLASSES

Monday 5:30-6:30pm
Wednesday 8:00-9:00am
Thursday 9:00-10:00am
Saturday 9:00-10:00am
Sunday 4:00-5:00pm

Fee: \$85/month/couple or \$20 per class