

# Introducing

# CARDIO

# “CUSTOM BLEND”



It's Cardio Tennis by Request. Need to add some “Kick & Endurance” to your league or cup teams?

- ALL LEVELS & ABILITIES Welcome!
- A dynamic blend of cardio tennis and games with added tactical/technical skills & drills
- Requires 1 week advance scheduling
- 60 minute or 90 minute class

*Classes Start*

*October 1, 2011*



**SIGN UP  
TODAY!**