



**Cardio Tennis is a fun group activity featuring drills to give players of all abilities a high energy workout. Cardio Tennis includes a warm up, cardio workout, and cool down - all set to music. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.**

**Classes are offered on:**

**Monday at 8 pm**

**Thursday at 9 am**

**COST: 5 Week Sessions/**

**Members \$35**

**Non-members \$45**

Call Kyle (810)606-7555 if you are interested  
Must sign up ahead-This is not a "drop in" class

Classes begin Monday, September 8