

GAC TENNIS



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 7-8 p.m. *February 20, 27, March 5, 12, 19, 26*

Tuesday 9:30-10:30 a.m. *February 21, 28, March 6, 13, 20, 27*

Wednesday 7-8 p.m. *February 29, March 7, 14, 21, 28*

(Wednesday session 5 weeks - Member \$45, Non-Member \$55)

Thursday 9:30-10:30 a.m. *February 23, March 1, 8, 15, 22, 29*

Price for 6 week session: Members \$54 Non-Members \$66

This is not a drop-in class, registration is required.

To register or for more information contact Tenley Himes (810) 606-7522

