

Top Program at Gates!!!

CARDIO TENNIS

All your favorite drills AND new ones at
TWICE THE SPEED!



LIMITED SPOTS AVAILABLE!! THIS IS AN EXTREMELY POPULAR
PROGRAM! OFFERED EVERY SATURDAY AND SUNDAY

Participants consistently elevate their heart rates into their
aerobic training zone

Much more fun than working out on a traditional machine or
other cardiovascular fitness activities

Play tennis while listening to good tunes.

Get short cycles of high intensity workouts and periods of rest,
similar to interval training

Group activity where players of all abilities enjoy tennis
together

While you are playing tennis, the focus is primarily on getting a
great workout

Saturday: 7:00am - 8:00am
Saturday: 8:00am - 9:00am
Saturday: 12:00pm - 1:00pm
Sunday: 7:00am - 8:00am
Sunday: 8:00am - 9:00am
Tuesday: 8:30pm - 10:00pm
Thursday: 8:30pm - 10:00pm

Sat/Sun: \$68 for 4 week session
\$51 for 3 week session
Tues/Thurs: \$100 for 4 week session
\$75 for 3 week session

Get a heart-pumping
workout with every class!

Session 1: Week of April 3 - Week April 30
Session 2: Week of May 1 - Week of May 28
Session 3: Week of May 29 - Week of June 25
Session 4: Week of June 26 - Week of July 15
Session 5: Week of July 17 - Week of Aug. 13
Session 6: Week of Aug. 14 - Week of Sept. 10
Session 7: Week of Sept. 11 - Week of Oct. 8
Session 8: Week of Oct. 9 - Week of Oct. 29

HALFHOURPOWER®
IT'S ABOUT TIME



Operated by Colorado
Tennis Management,
Inc. for The Park People

To sign up, go to our website or
call the Gates Tennis Center
front desk...

303.355.4461
www.gatestenniscenter.info