

# 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: 8:00am - 9:00am  
Tuesday: 8:30pm - 10:00pm  
Thursday: 8:30pm - 10:00pm

Sat or Sun: \$68 for 4 week session  
\$51 for 3 week session  
Tues or 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