

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
Wednesday: 12:00 pm - 1:30 pm
Thursday: 8:30pm - 10:00pm

Sat or Sun: \$68
Tues or Thurs: \$100 for 4 week session

Get a heart-pumping workout with every class!

Session 1: Week of April 2 - Week April 23
Session 2: Week of April 30 - Week of May 21
Session 3: Week of May 28 - Week of June 18
Session 4: Week of June 25 - Week of July 16
Session 5: Week of July 23 - Week of Aug. 13
Session 6: Week of Aug. 20 - Week of Sept. 10
Session 7: Week of Sept. 17 - Week of Oct. 8
Session 8: Week of Oct. 15 - Week of Nov. 5



Operated by Hitman Sports 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