

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 1 - Week of April 22
Session 2: Week of April 29 - Week of May 20
Session 3: Week of May 27 - Week of June 17
Session 4: Week of June 24 - Week of July 15
Session 5: Week of July 22 - Week of Aug 12
Session 6: Week of Aug 19 - Week of Sept 9
Session 7: Week of Sept 16 - Week of Oct 7
Session 8: Week of Oct 14 - Week of Nov 4



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