

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: 11:00am - 12:00pm
Saturday: 1:30pm - 3:00pm
Sunday: 11:00am - 12:00pm
Sunday: 1:30pm - 3:00pm
Wednesday: 10:30am - 12:00pm

Hour Long Classes:
\$68 for 4 week session
\$85 for 5 week session
90 Minute Classes:
\$100 for 4 week session
\$125 for 5 week session

Get a heart-pumping
workout with every class!

Session 1: October 30 - November 26
**Winter ONLY prorated options available for week
of November 20 (Oct. 30 - Nov. 19)**
Session 2: November 27 - December 24
**Winter ONLY prorated options available for week
of November 20 (Nov. 27 - Dec. 17)**
Session 3: January 1 - January 28
Session 4: January 29 - February 25
Session 5: February 26 - April 1 (5 week session)

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