

CARDIO GREAT WORKOUT AND IMPROVE YOUR GAME TENNIS

www.centercourtclub.com



Consistently elevating heart rates
into the aerobic training zone

Burning more calories than
playing singles or doubles tennis

Combining high intensity workouts with
periods of rest (used in interval training)

Getting a great workout while
playing tennis

Recommended as a supplement
to current singles and doubles play and
lesson routine

All classes are one hour with a
6 to 1 instructor to student ratio

**REWARD YOURSELF WITH OUR
Margarita "Coed" Cardio Tennis**
(a small reward for your hard work)
Features Reggae music and a cool-down
happy hour following play

CENTERCOURT
ATHLETIC CLUB OF CHATHAM

973.635.1222

222 North Passaic Avenue Chatham NJ 07928

CARDIO TENNIS

Cardio Tennis is an exciting, new group activity featuring drills to give players of all abilities an ultimate, high-energy workout.

Each class includes a combination of hitting, footwork, and agility drills that are divided into three phases: warm-up, cardio training, and cool-down.

Footwork ladders and lunge exercises work the lower body, while quads, hamstring and over-head drills serve to strengthen the core.

If you're looking for an alternative cardiovascular workout and want to have fun, get in shape, and burn calories, Cardio Tennis is for you.

Program Dates

(Session 6 weeks)

Session I: June 9 – July 17

Session II: July 21 – August 28

Beginner – Intermediate Classes

Monday	11:30 am – 12:30 pm
Tuesday	10:00 am – 11:00 am
Tuesday	6:30 pm – 7:30 pm
Friday	9:30 am – 10:30 am

Advanced Classes

(Warning – High Intensity; evaluations are required)

Tuesday	8:30 am – 9:30 am
Friday	10:30 am – 11:30 am

Rate:

Member	\$60.00 per session
Non - Member	\$90.00 per session

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Thursday	6:30 pm – 7:30 pm
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Margarita Cardio Tennis

Member	\$90.00 per session
Non - Member	\$120.00 per session



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