



Cardio Tennis

With Melissa Rossette



Information & Requirements

- ✓ Cardio Tennis is a fun, social, high energy-fitness workout
- ✓ Regular balls will be used
- ✓ Each session starts with warm-up, followed by high intensity drills and games, finished with a cool down
- ✓ Not recommended if you are recovering from an injury
- ✓ \$25 per session / Non-member \$30

Saturday's 9-10am

- Moderate Cardio Tennis
- USTA rating **3.5 - 4.5**
- MAX of 6 players per session*

Reservation needed

Contact: Melissa Rossette m.rossette@icloud.com or Front Desk