



CARDIO TENNIS FREE AT MTC

This is an opportunity you don't want to miss!

CARDIO TENNIS

- A group activity designed to elevate your heart rate into your aerobic zone
- Burns calories
- Includes a warm up, cardio and cool down phase
- Receive instructional tips
- Includes Drills
- Music to enhance the experience

NO EXPERIENCE NECESSARY!

- For beginner, advanced beginner, intermediate and advanced levels
- Participants arranged by ability level

3 ONE HOUR CLASSES // AUGUST 27th - SEPTEMBER 12th

- Choose one day from the following:

[] Tuesday 10:00 a.m. (Aug. 27, Sept. 3, Sept. 10)

[] Wednesday 7:00 a.m. (Aug. 28, Sept. 4, Sept. 11)

[] Thursday 10:30 a.m. (Aug. 29, Sept. 5, Sept. 12)

**HURRY ... REGISTER NOW! PARTICIPATION IS LIMITED
SUBMIT FORM AT THE FRONT DESK OR CALL 632-8600**

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

Ability Level: [] Beginner [] Advanced Beginner [] Intermediate [] Advanced