

**2020**

**8 WEEK SESSIONS**

Classes are  
1 & 1.5 Hours in Duration



A fun way to burn calories!  
For beginner, advanced beginner,  
intermediate and advanced levels  
Participants arranged by ability level

# CARDIO TENNIS

Led by Miller Tennis Center Director of Tennis, Marcus Fugate

A high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

SESSION 1: SEPTEMBER 8 - NOVEMBER 1

SESSION 2: NOVEMBER 3 - DECEMBER 27 (No Classes: Thu 11/26, Thu 12/24, Fri 12/25 - Please Prorate)

## 8 WEEK SESSION RATE - CHOOSE DAY & TIME(S):

### 60 MIN CLASSES

| Day(s) per wk              | Member                         | Non-member                     |
|----------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> \$176 | <input type="checkbox"/> \$240 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> \$352 | <input type="checkbox"/> \$480 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> \$528 | <input type="checkbox"/> \$720 |

### 90 MIN CLASSES

| Day(s) per wk              | Member                         | Non-member                       |
|----------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> \$264 | <input type="checkbox"/> \$352   |
| <input type="checkbox"/> 2 | <input type="checkbox"/> \$528 | <input type="checkbox"/> \$704   |
| <input type="checkbox"/> 3 | <input type="checkbox"/> \$792 | <input type="checkbox"/> \$1,056 |

TUE 9:00 a.m. 60 min

WED 7:00 a.m. 60 min

TUE 7:00 p.m. 90 min

THU 7:00 p.m. 90 min

SAVE 10% - PREPAY FOR BOTH SESSIONS  
BEFORE THE START OF SESSION 1

SAT 7:00 a.m. 90 min

SUN 7:00 a.m. 90 min

**JOIN MTC  
TODAY**  
Save on this  
program  
Call 632-8600

## STUDENT REQUIREMENT - REGISTRATION MUST BE RECEIVED BEFORE START DATE

Complete form with payment before the start of the session. Classes are limited & application will be accepted in order of receipt.

**MAKE UP POLICY:** Make up arrangements MUST be made by contacting Marcus Fugate at least 24 hours in advance.

We will try our best to accommodate but not guaranteed. Email: [marcus.millertenniscenter@gmail.com](mailto:marcus.millertenniscenter@gmail.com).

MAKE UPS CANNOT BE TRANSFERRED TO A FUTURE SESSION.

**DROP-INS:** Pay 20% more per class - Member \$39.60 / Non-Member \$52.80

Date/Day/Time Attending \_\_\_\_\_

Reservations required in advance with payment (no walk-ins). Contact Marcus for availability.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Photography may be taken for marketing purposes  I give permission  No, I prefer not to have photos taken

\*\*\* REGISTRATION FORM MUST BE FILLED OUT COMPLETELY WITH FULL PAYMENT \*\*\*

**OFFICE USE ONLY:** Registration taken by \_\_\_\_\_ Date \_\_\_\_\_ Amount Rec'd: \_\_\_\_\_

Payment Method:  Cash  Check  Credit Card  MTC Account - Credit Card On File Required

Notes / Special instructions: \_\_\_\_\_

Miller Tennis Center 5959 Sheridan Drive Williamsville, NY 14221 716-632-8600 Fax: 716-632-6858

Email: [info.millertenniscenter@gmail.com](mailto:info.millertenniscenter@gmail.com) Visit: [millertenniscenter.com](http://millertenniscenter.com)