

2020

3 SEVEN WEEK SESSIONS
Classes are 1.5 Hours in Duration
Offered 4 Days per Week



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

SESSION 3: JANUARY 6 - MARCH 1

... WINTER BREAK: FEBRUARY 17 - 23 ...

SESSION 4: MARCH 2 - APRIL 26

... SPRING BREAK: APRIL 13 - APRIL 19 ...

SESSION 5: APRIL 27 - JUNE 14 (NO CLASS - PLEASE PRORATE - SATURDAY - 5/23)

JOIN MTC TODAY
Save 35% on this program.
Call 632-8600
Email:
membership.millertenniscenter@gmail.com

SAVE 15% - PREPAY FOR ALL 3 SESSIONS - BEFORE THE START OF SESSION 3

SAVE 5% - PREPAY FOR ANY 2 SESSIONS

60 MIN CLASSES			7 WEEK SESSION RATE		90 MIN CLASSES		
Day(s) per wk	Member	Non-member			Day(s) per wk	Member	Non-member
<input type="checkbox"/> 1	<input type="checkbox"/> \$154	<input type="checkbox"/> \$210			<input type="checkbox"/> 1	<input type="checkbox"/> \$231	<input type="checkbox"/> \$312
<input type="checkbox"/> 2	<input type="checkbox"/> \$308	<input type="checkbox"/> \$420			<input type="checkbox"/> 2	<input type="checkbox"/> \$462	<input type="checkbox"/> \$624
<input type="checkbox"/> 3	<input type="checkbox"/> \$462	<input type="checkbox"/> \$630					
<input type="checkbox"/> Tuesday	10:00 a.m.	60 min			<input type="checkbox"/> Tuesday	7:00 p.m.	90 min
<input type="checkbox"/> Wednesday	7:00 a.m.	60 min			<input type="checkbox"/> Saturday	7:00 a.m.	90 min
<input type="checkbox"/> Thursday	10:30 a.m.	60 min					

IMPORTANT - MAKE UP POLICY:

Make up arrangements MUST be made by contacting Marcus Fugate at least 24 hours in advance.
Email: Marcus - marcus.millertenniscenter@gmail.com. Please, NO walk-ins when make up is needed.

MAKE UPS CANNOT BE TRANSFERRED TO A FUTURE SESSION. FUTURE SESSIONS WILL NOT BE PRORATED FOR CLASSES MISSED FROM PREVIOUS SESSION(S). NO REFUNDS.

REGISTRATION WITH PAYMENT REQUIRED BEFORE THE START OF THE SESSION.

Classes are limited & application will be accepted in order of receipt.

DROP-INS: Contact the front desk before the class for availability & fill out a registration form with payment.
Drop-Ins pay 25% more per class.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

Ability Level: Beginner Advanced Beginner Intermediate Advanced