



# CARDIO TENNIS 2019

Led by Miller Tennis Center Director of Tennis, Marcus Fugate

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

SESSION 1: SEPT. 17 - NOV. 3

SESSION 2: NOV. 4 - DEC 22

No Class Thanksgiving Day - Please Prorate

SAVE 10% - PREPAY FOR BOTH FULL SESSIONS - before the first class of Session 1

## CARDIO TENNIS

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

**JOIN MTC TODAY**  
**Save 35% on this program.**  
 Call 632-8600  
 Email:  
[membership.millertenniscenter@gmail.com](mailto:membership.millertenniscenter@gmail.com)

### 7 Week Rate

#### 60 MIN CLASSES

Day(s) per wk	Member	Non-member
<input type="checkbox"/> 1	<input type="checkbox"/> \$154	<input type="checkbox"/> \$210
<input type="checkbox"/> 2	<input type="checkbox"/> \$308	<input type="checkbox"/> \$420
<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"/> Wednesday	7:00 a.m.	60 min
<input type="checkbox"/> Thursday	10:30 a.m.	60 min

#### 90 MIN CLASSES

Day(s) per wk	Member	Non-member
<input type="checkbox"/> 1	<input type="checkbox"/> \$231	<input type="checkbox"/> \$312
<input type="checkbox"/> 2	<input type="checkbox"/> \$462	<input type="checkbox"/> \$624

<input type="checkbox"/> Tuesday	7:00 p.m.	90 min
<input type="checkbox"/> Saturday	7:00 a.m.	90 min

**STUDENT REQUIREMENT:** PLEASE REGISTER FOR SESSIONS PRIOR TO THE START DATE.  
Complete form with payment. Classes are limited & applications will be accepted in order of receipt.

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

**MAKE UP POLICY:** Make up arrangements MUST be made by contacting Marcus Fugate at least 24 hours in advance. [marcus.millertenniscenter@gmail.com](mailto:marcus.millertenniscenter@gmail.com)

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

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

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

Email \_\_\_\_\_

Ability Level:  Beginner  Advanced Beginner  Intermediate  Advanced