



# TENNIS FOR ADULTS

## **Cardio Tennis    Limit/6**

Age Group: **15 - 99**

Cardio Tennis is a new, fun, group aerobic activity, featuring drills to give players of all abilities an ultimate high-energy workout. Clinic includes a dynamic warm-up, cardio workout and cool-down phase.

Monday 7-830

\$60 per month

## **Co-ed clinic/beginner-intermediate    Limit/8**

Age Group: **16 - 99**

Grab a group of friends and reserve this time! Try to get friends that have the same goals and around the same level of play. Limit of 8 players per clinic.

Fridays 9:00-10:30

Free to YMCA members/\$60 per month non-members