

# CARDIO TENNIS FITNESS AT DANA HILLS TENNIS CENTER

24911 CALLE DE TENIS DANA POINT, CA 92629



## Corey Rhodes

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Cardio Tennis is a fun group activity for all levels of players looking for a way to burn calories & interact with others outside of the gym. Cardio Tennis combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Choose from two workout sessions. Both sessions include hitting lots of tennis balls, incorporating games like “Live Ball” and “BVO” and lots of heart pumping fun.

All sessions include tips & instruction to improve your game.

### **Cardio Workout Tuesday 5:30-6:30pm**

- Warm Up: 10 Minutes
- Cardio: 40-50 Minutes
- Cool Down: 5-10 Minutes

\$13.00

### **Cardio Workout and Games Tuesday 6:30-8pm**

- Warm Up: 10 Minutes
- Cardio: 40-50 Minutes
- Cool Down: 5-10 Minutes
- Games: 30-40 Minutes

\$20.00

Drop ins are welcome as space permits. Reservations are recommended. Minimum 4/Maximum 10 Players

50% Off For First Time Participants  
For Either Session  
Expires 5/31/15

