

## CARDIO TENNIS: HEART PUMPING FITNESS

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### SCHEDULE:

Tuesday, September 6 – Friday, December 30

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool-down phases. If you want to find a great new way to get in shape, burn calories and have a viable alternative to visiting the fitness center for a cardiovascular workout, you must try Midtown's Cardio Tennis.

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### Features of Cardio Tennis:

- Participants consistently elevate their heart rates into their aerobic training zone.
  - Players burn more calories than playing singles or doubles tennis.
  - Players get short cycles of high intensity workouts and periods of rest, almost like interval training.
  - While playing tennis, your focus is primarily on getting a great workout.
  - Cardio Tennis is recommended to supplement a player's current singles and doubles play and lesson routine.
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### Class Offerings:

Courts will be generally grouped according to players' skill levels:

#### N.T.R.P. 2.9 and below

##### **Mondays**

8:00 – 9:00 am  
1:00 – 2:00 pm

##### **Tuesdays**

9:00 – 10:00 pm

##### **Wednesdays**

8:00 – 9:00 am

##### **Thursdays**

12:30 pm – 2:00 pm (1.5 Hrs.)

##### **Fridays**

10:00 – 11:00 am  
7:00 – 8:00 pm

##### **Saturdays**

Noon – 1:00 pm

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#### N.T.R.P. 3.0 and above

##### **Mondays**

6:00 – 7:30 am (1.5 Hrs.)  
11:00 am – Noon  
Noon – 1:00 pm  
7:00 – 8:00 pm

##### **Tuesdays**

Noon – 1:30 pm (1.5 hrs.)

##### **Wednesdays**

11:00 am – 12:30 pm (1.5 Hrs.)

##### **Thursdays**

11:00 am – 12:30 pm (1.5 Hrs.)

##### **Fridays**

6:30 – 7:30am  
9:00 – 10:00am  
7:00 – 8:00 pm

##### **Saturdays**

7:00 – 8:00 am  
8:00 – 9:00 am  
9:00 – 10:00 am

##### **Sundays**

7:00 – 8:00 am  
8:00 – 9:00 am  
9:00 – 10:00 am

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### Fees:

\$18.50 per hour, \$27.75 per 1.5 hour, or \$166.50 for a 10-hour card or \$250 for a 15-hour card. Reserve your spot at Midtown's reception desk. Class size will be limited to eight players per court. **Please note: any class with less than three players is subject to cancellation with 12 hours advance notice.**

We urge players to use heart rate monitors in Cardio Tennis. Loaner heart rate monitors will be available for first-time class participants. We recommend that regular Cardio Tennis players purchase their own heart rate monitor. Contact Eric Alexon at [eric.alexon@midtown.com](mailto:eric.alexon@midtown.com) or 773-235-2300 for more information.