



Cardio Tennis

What is it?

- The ultimate fun group fitness class that includes cardiovascular workout, tennis, and games!
- It is a party on the tennis court!
- Tennis on Steroids!
- Extreme Cardio Tennis brings the “Sexy” back to tennis!
- Includes warm-up, cardio tennis games, and cool-down phase.
- Features heart rate monitors and on-court TV screen to track your performance.
- Participants consistently elevate their heart rates into their aerobic training zone.
- Players get short cycles of high intensity workout and periods of rest almost like interval training.

Program price as of January 1, 2022

10 pack - \$160

\$16 per time

20 pack - \$300

\$15 per time

\$20

Drop in

| Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|--|---|--|---|--|--|
| | 9:00 - 10:00am Cardio Tennis Faster | 10:30 - 11:30am Cardio Tennis Faster | | | 11:00 - 12:00pm Cardio Tennis Slower |
| | | | 12:00 - 1:00pm Employee Cardio All Levels | | |
| 7:00 - 8:00pm Cardio Tennis All Levels | | 7:00 - 8:00pm Cardio Tennis All Levels | | 6:00 - 7:00pm Cardio Tennis Faster | |

For more information contact Genesis Tennis desk at 316-634-6111 or Tony Tsymbolov at atsymbolov@genesishealthclubs.com

