

# CARDIO TENNIS

This program incorporates feeding drills, drill games, and sideline cardio blast in an energy-infused atmosphere. The format provides players with interval training scenarios, which is an effective way to achieve heart health & fitness.

## Cardio Tennis Classes By Level

Day of Week	Level	Session Time
<b>Monday</b>	<b>3.0 &amp; up</b>	<b>10:30am - 12:00pm</b>
<b>Monday</b>	<b>4.0 &amp; up</b>	<b>12:00pm - 1:30pm</b>
<b>Tuesday</b>	<b>3.5 - 4.0</b>	<b>10:00am - 11:30am</b>
<b>Tuesday</b>	<b>3.5+</b>	<b>11:30am - 1:00pm</b>
<b>Tuesday</b>	<b>2.6 - 3.0</b>	<b>6:00pm - 7:00am</b>
<b>Friday</b>	<b>3.5+</b>	<b>12:30pm - 2:30pm</b>
<b>Friday</b>	<b>3.5+</b>	<b>2:00pm - 3:30pm</b>
<b>Saturday</b>	<b>2.6 - 3.0</b>	<b>10:00am - 11:00am</b>
<b>Saturday</b>	<b>3.5 - 4.5</b>	<b>1:30pm - 3:00pm</b>
<b>Sunday</b>	<b>4.1 - 4.5</b>	<b>9:00am - 10:30am</b>

### 10 Week Session Member

<b>1-Hour Classes</b>	<b>\$380</b>
<b>1.5-Hour Classes</b>	<b>\$570</b>
<b>2-Hour Classes</b>	<b>\$760</b>

### Drop-in Rates Member

<b>1-Hour Classes</b>	<b>\$38</b>
<b>1.5-Hour Classes</b>	<b>\$57</b>
<b>2-Hour Classes</b>	<b>\$760</b>

<b>Tuesday</b>	<b>3.5 &amp; up</b>	<b>11:30am - 1:00pm</b>
<b>Friday</b>	<b>2.5 &amp; up</b>	<b>9:30am - 11:00am</b>
<b>Friday</b>	<b>3.1 - 3.5</b>	<b>9:30am - 11:00am</b>
<b>Friday</b>	<b>3.6 - 4.0</b>	<b>2:00pm - 3:30pm</b>
<b>Saturday</b>	<b>3.5 &amp; up</b>	<b>1:30pm - 3:00pm</b>

For more information, and to sign up for session drop-in  
**LPRacquet@LakeshoreSF.com**

\*10 week sessions and drop-in sign up is done by email to LPRacquet@LakeshoreSF.com. Drop-in space is limited and is only taken 24 hours in advance. Ratio is 6 players per court.

\*\* Classes could be cancelled due to low enrollment. For updated class info email LPRacquet@LakeshoreSF.com.