



What are the benefits of Cardio Tennis



- Burn more calories than singles or doubles play
- Get short cycles of high intensity workout and periods of rest
- Meet new players and have fun at the same time
- Improve your game



Class Schedule*

New series start every 6 weeks!

Cost: \$90.00/six-week series

MONDAY

Early Morning (*Men Only*)
 Lunchtime
 Evening

7:30-8:30am
 12:00-1:00pm
 6:00-7:00pm

Starts 9/14
 Starts 9/14
 Starts 9/14

TUESDAY

Early Morning
 Lunchtime
 Evening
 Evening

7:30-8:30am
 12:00-1:00pm
 6:00-7:00pm
 7:00-8:00pm

Starts 9/15
 Starts 9/15
 Starts 9/15
 Starts 9/15

WEDNESDAY

Early Morning (*Men Only*)
 Lunchtime
 Evening

7:30-8:30am
 12:00-1:00pm
 7:00-8:00pm

Starts 9/16
 Starts 9/16
 Starts 9/16

THURSDAY

Early Morning
 Lunchtime
 Evening
 Evening (*Men Only*)

7:30-8:30am
 12:00-1:00pm
 6:00-7:00pm
 7:00-8:00pm

Starts 9/17
 Starts 9/17
 Starts 9/17
 Starts 9/17

FRIDAY

Lunchtime

12:00-1:00pm

Starts 9/18

SATURDAY/SUNDAY

Contact **Dan Donovan** (317) 849-2531 Ext. 43 for more information.

PRIVATE GROUPS

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* At least five participants are required to start a series. Classes will be separated based on skill level. Class times are subject to change.

Non-members can participate in up to three six-week series before membership is required. First-time members to IRC who have participated in at least two six-week series within a six-month period are eligible for a 50% discount on an adult IRC membership. Players have up to one year after completing their last 6-week series to use discount.