



# CARDIO TENNIS



## Class Schedule\*

New series start every 6 weeks!

**Cost: \$90.00/six-week series**

Lead Cardio Tennis Instructor: **Dan Donovan**

M	<b>MONDAY</b>		
	Debbie Carlson	10:30-11:30am	Starts 9/12
T	<b>TUESDAY</b>		
	Debbie Carlson	11:30-12:30pm	Starts 9/13
W	<b>WEDNESDAY</b>		
	Melissa Havel	7:00-8:00pm	Starts 9/14
	Melissa Havel	8:00-9:00pm	Starts 9/14
Th	<b>THURSDAY</b>		
	Debbie Carlson	10:00-11:00am	Starts 9/15
Sa	<b>SATURDAY</b>		
	Stig Ljunggren	8:00-9:00am	Starts 9/17

### PRIVATE GROUPS WITH DAN DONOVAN

Additional Cardio clinics are available with **Dan Donovan**, Director of Cardio Tennis. Clinics are offered day, evening and weekends. Clinics are pro admit.

### CARDIO BENEFITS:

- 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.

 Contact **Ruth Gellersen**, Cardio Tennis Coordinator, at 317.849.2531, ext. 25, for more information.

\* At least five participants are required to start a series. Minimum playing level of 2.5 is required. Classes will be separated based on skill level. Class times are subject to change. Additional times may be added upon request if pro and court availability permit.

Guests may participate in up to two six-week series before membership is required. First-time members to IRC who have participated in two six-week series within a six-month period are eligible for a 25% discount on an IRC adult membership. Players have up to one year after completing their last six-week series to take advantage of the discount.