

Adult Cardio Classes

November 28, 2011 – February 25th, 2012 (No Classes Thursday Dec 22-Monday, Jan 2)
ALL CLASSES: 10% discount if you participate in 2 class times for the entire session

Monday (11 Weeks)		Wednesday (12 Weeks)		Thursday (11 Weeks)		Saturday (11 Weeks)	
10:00am-11:00am		6:30am-7:30am (#1) 10:00am-11:00am (#2)		6:30pm-7:30pm		10:30am-11:30am	
Member	\$99/session \$11/class	Member	\$108/session \$11/class	Member	\$99/session \$11/class	Member	\$99/session \$11/class
Nonmember	\$121/session \$13/class	Nonmember	\$132/session \$13/class	Nonmember	\$121/session \$13/class	Nonmember	\$121/session \$13/class

NOTE: Wednesday 6:30 am class must have a minimum of 5 FULL TIME participants to be held.

If the above days/times do not work for you, other options do exist:

- 1) Monica or Todd is available to hold a private “cardio session (4-8 players)” or “small group clinic (3-6 players)” for you and your friends. Rates are the same as the above listed prices.
- 2) Monica or Todd is available for semi-private or private lessons.

“Cardio Tennis Rocks!”

-Rachel P.

“You cannot help but take your tennis to the next level with Todd and Monica running things!”

-Patty P.

Quincy Racquet Club

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 in one hour!

