



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 and fitness.

Cardio Tennis Classes By Level

Day of Week	Level	Session Time
Monday	3.5 & under	12pm - 1pm
Tuesday	3.0 & under	8am - 9am
Tuesday	3.5 & under	10:30am - 12pm
Tuesday	4.0 & up	9am - 10:30am
Wednesday	4.0 & up	9am - 10am
Thursday	4.0 & up	9am - 10:30am
Saturday	3.5 & under	10:30am - 12pm
Saturday	4.0 & up	9am - 10:30am
Sunday	4.0 & under	9am - 10:30am

	 Member	 Non-Member
10 Week Cost		
Per 1 hr class	\$260	\$400
Per 1.5 hr class	\$380	\$600
Drop-in		
Per 1 hr class	\$28	\$40
Per 1.5 hr class	\$40	\$56

*10 week sessions and drop-in sign up is done by email to ScottJ@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 ScottJ@LakeshoreSF.com.

For more information, and to sign up for session drop in contact **Scott Johnson** ScottJ@LakeshoreSF.com