

# 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>4.0 - 4.5</b>	12:30pm - 2:00pm
<b>Tuesday</b>	<b>3.5 &amp; under</b>	10:30am - 12:00pm
<b>Tuesday</b>	<b>4.0 &amp; up</b>	9:00am - 10:30am
<b>Thursday</b>	<b>4.0 &amp; up</b>	9:00am - 10:30am
<b>Saturday</b>	<b>3.5 &amp; up</b>	8:30am - 10:00am
<b>Saturday</b>	<b>4.0 &amp; up</b>	9:00am - 11:00am
<b>Saturday</b>	<b>2.0 - 3.0</b>	12:00pm - 1:00pm
<b>Saturday</b>	<b>2.6 - 3.0</b>	10:00am - 11:00am
<b>Sunday</b>	<b>4.0 - 4.5</b>	9:00am - 11:00am

### 10 Week Session Member

1-Hour Classes	\$330
1.5-Hour Classes	\$495
2-Hour Classes	\$660

### Drop-in Rates Member

1-Hour Classes	\$33
1.5-Hour Classes	\$49.50
2-Hour Classes	\$66

\*10 week sessions and drop-in sign up is done by email to [LPRacquet@LakeshoreSF.com](mailto: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](mailto:LPRacquet@LakeshoreSF.com).

For more information, and to sign up for session drop-in  
**[LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com)**