

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
Monday	4.0 - 4.5	12:00pm - 2:00pm
Tuesday	3.5 & under	10:30am - 12:00pm
Tuesday	4.0 & up	9:00am - 10:30am
Thursday	4.0 & up	9:00am - 10:30am
Saturday	3.5 & up	8:30am - 10:00am
Saturday	4.0 & up	9:00am - 10:30am
Saturday	2.0 - 3.0	12:00pm - 1:00pm
Sunday	4.0 - 4.5	9:00am - 11:00am

10 Week Session Member

1-Hour Classes	\$350
1.5-Hour Classes	\$525
2-Hour Classes	\$700

Drop-in Rates Member

1-Hour Classes	\$35
1.5-Hour Classes	\$52.50
2-Hour Classes	\$70

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

For more information, and to sign up for session drop-in
LPRacquet@LakeshoreSF.com