

Top Program at Gates!!!

CARDIO TENNIS

All your favorite drills AND new ones at
TWICE THE SPEED!



LIMITED SPOTS AVAILABLE!! THIS IS AN EXTREMELY POPULAR PROGRAM! OFFERED ONLY ON SATURDAY

Participants consistently elevate their heart rates into their aerobic training zone

Much more fun than working out on a traditional machine or other cardiovascular fitness activities

Play tennis while listening to good tunes.

Get short cycles of high intensity workouts and periods of rest, similar to interval training

Group activity where players of all abilities enjoy tennis together

While you are playing tennis, the focus is primarily on getting a great workout

You naturally improve your game because you hit so many balls and repeat various shots, ingraining good habits

Sat. 7-8:00am
or
Sat. 12-1:00pm

\$55 for a 4 week session
Only \$13.75 Per Class

Get a heart-pumping workout this weekend!

(Click on dates below to sign-up online)

Session #1: May 12th - June 2nd
Session #2: June 16th - July 7th
Session #3: July 21st - Aug 11th



Operated by Colorado Tennis Management, Inc. for The Park People

To sign up, go to our website or call the Gates Tennis Center front desk...

303.355.4461
www.gatetenniscenter.info