

CARDIO TENNIS

ALL YOUR FAVORITE DRILLS AND NEW ONES AT TWICE THE SPEED!



ALL YOUR FAVORITE TENNIS DRILLS AT TWICE THE SPEED!

A TOP GATES PROGRAM THAT FILLS UP FAST! CALL TODAY!



Elevate your heart rate, listen to good tunes, and get a great workout with players of all levels. 6:1 ratio!

Participants consistently elevate heart rates into their aerobic training zone. Much more fun than traditional gyms, machines, or other cardio options!

The primary focus is hitting a lot of balls, having a lot of fun, and to always be moving! Players of all levels invited. And did we mention there is great music?

DAYS, TIMES, & COST

MONDAY.....7:00PM-8:00PM
THURSDAY.....5:30PM-7:00PM
SATURDAY.....9:30AM-10:30AM

4 WEEK SESSION COST

60 MINUTES.....\$99.00

90 MINUTES.....\$135.00

5 WEEK SESSION PRICES ARE ADJUSTED ACCORDINGLY

SESSION DATES 2023

APRIL SESSION: Saturday, April 1st - Sunday, April 30th

MAY SESSION: Monday, May 1st - Wednesday, May 31st

JUNE SESSION: Thursday, June 1st - Friday, June 30th

JULY SESSION: Saturday, July 1st - Monday, July 31st

AUGUST SESSION: Tuesday, August 1st - Thursday, August 31st

SEPTEMBER SESSION: Friday, Sep 1st - Saturday, Sep 30th

OCTOBER SESSION: Sunday, October 1st - Monday, October 31st

NOVEMBER SESSION: Wednesday, Nov 1st - Thursday, Nov 30th

REGISTRATION OPENS AT 10AM ON THE 10TH OF THE MONTH BEFORE EACH SESSION

Check out more at...

GATESTENNISCENTER.INFO

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