

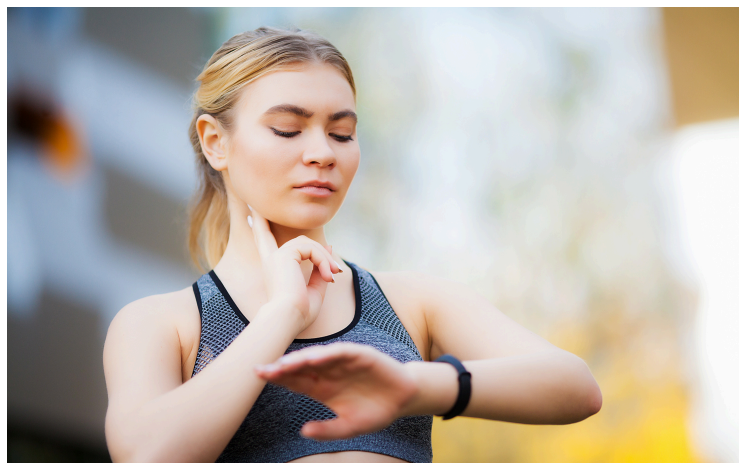
# CARDIO TENNIS

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

TUESDAY.....	8:45PM-10:15PM
THURSDAY.....	7:15PM - 8:15PM
SATURDAY.....	7:15AM-8:15AM
SATURDAY.....	8:15AM-9:15AM
SATURDAY.....	12:15PM-1:15PM
SUNDAY.....	7:45AM-9:15AM

### 4 WEEK SESSION COST

60 MINUTES.....	\$112.00
90 MINUTES.....	\$149.00

5 WEEK SESSION PRICES ARE ADJUSTED ACCORDINGLY

## SESSION DATES 2025

**APRIL SESSION:** Apr 1st - Apr 30th; sign up Mar 10th at 10am

**MAY SESSION:** May 1st - May 31st; sign up Apr 10th at 10am

**JUNE SESSION:** June 1st - June 30th; sign up May 10th at 10am

**JULY SESSION:** July 1st - July 31st; sign up June 10th at 10am

**AUGUST SESSION:** Aug 1st - Aug 31st; sign up July 10th at 10am

**SEPTEMBER SESSION:** Sept 1st - Sept 30th; sign up Aug 10th at 10am

**OCTOBER SESSION:** Oct 1st - Oct 31st; sign up on Sept 10th at 10am

Traveling through Denver? Wanna add more tennis? Check out our flyer for the GTC program: *"Friday One & Done Drills"*

Check out more at...  
[GATESTENNISCENTER.INFO](http://GATESTENNISCENTER.INFO)

303.355.4461  
[frontdesk@gatestenniscenter.info](mailto:frontdesk@gatestenniscenter.info)

