

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.....	8:30PM-10:00PM
THURSDAY.....	7:00PM - 8:00PM
SATURDAY.....	7:00AM-8:00AM
SATURDAY.....	8:00AM-9:00AM
SATURDAY.....	12 Noon-1:00PM
SUNDAY.....	7:30AM-9:00AM

4 WEEK SESSION COST

60 MINUTES.....	\$99.00
90 MINUTES.....	\$135.00

5 WEEK SESSION PRICES ARE ADJUSTED ACCORDINGLY

SESSION DATES 2024

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

303.355.4461
frontdesk@gatestenniscenter.info

