



Cardio Tennis 2018

Tennis can be your best workout!

Do you need to improve your cardio and get your sweat on? Look no further than the Sarnia Riding Club's **CARDIO TENNIS** Program! **Why Cardio Tennis?**

- It's a great workout! Continual movement and tennis practice all rolled in to one.
 - Challenge yourself to push harder and improve your cardio.
- Did we mention that **CARDIO TENNIS** is getting your workout in on a **TENNIS COURT**?

Spring Session Dates: Thursday, May 10th - Thursday, June 28th/2018, 6:00 pm-7:00 pm

Summer Session Dates: Thursday, July 5th - Thursday, August 30th/2018, 6:00 pm-7:00 pm

Cost Per Session:

\$40/Member

\$60/Non-Member

Name: _____ **Member/Non-Member:** _____

Phone Number: _____

Email Address: _____

Street Address: _____

Postal Code: _____ **City:** _____