

ADULT PROGRAMMING - CARDIO TENNIS

Weekly Registration

Cardio Tennis 60 | \$35/Player - FREE for Summer Members

Weekly Sign-Up

Tuesday, 8:00 am - 9:00 am

Wednesday, 9:00 am - 10:00 am

Saturday, 8:00 am - 9:00 am

This high-energy, 60-minute class combines fast-paced drills and nonstop movement for a great workout on the court. You'll hit all your strokes while boosting your cardio fitness. All levels are welcome!

Sign up via CourtReserve.

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Saturday

Cardio Tennis 90 | \$52/Player

Weekly Sign-Up

Monday, 9:00 am - 10:30 am

Friday, 7:30 am - 9:00 am

This 90-minute class builds on fast-paced drills and nonstop movement, with the addition of live action drills for the final 30 minutes. You'll hit every stroke, elevate your cardio fitness, and apply your skills in real-time situations. High energy, high reps, and high engagement.

Sign up via CourtReserve.

[CLICK](#) to Register for Monday

[CLICK](#) to Register for Friday

