



Cardio Tennis is a fun, sociable group class with a tennis twist. We combine fitness, music, and a variety of equipment to deliver the ultimate, full body, calorie burning aerobic and anaerobic workout.

These tennis workout sessions are 5 weeks long and open to DHAC members and non-members! During a workout session you will get to hit many tennis balls, build up your tennis skills and work up a great sweat.

DAY	START TIME	COACH
Monday	6:30 PM	Rod
Monday	7:30 PM	Rod
Monday	8:30 PM	Rod
Tuesday	6:30 PM	Hilary
Tuesday	6:30 PM	Rod
Wednesday	6:30 PM	Rod
Wednesday	7:30 PM	Rod
Wednesday	8:30 PM	Rod
Thursday	10:00 AM	IB
Thursday	7:00 PM	Rod
Thursday	8:00 PM	Rod
Friday	8:00 AM	Nadia
Friday	9:00 AM	IB
Friday	10:00 AM	Nadia
Friday	11:00 AM	Nadia
Sunday	9:00 AM	Rod

SESSION	START DATE	END DATE
1	September 11, 2023	October 15, 2023
2	October 16, 2023	November 19, 2023
3*	November 20, 2023	December 24, 2023
4	January 2, 2024	February 5, 2024
5	February 6, 2024	March 11, 2024
6	March 12, 2024	April 15, 2024
7	April 16, 2024	May 20, 2024

\* Session 3 is 4-weeks due to Thanksgiving with costs pro-rated accordingly.

**NO SUBS • NO MAKEUP CLASSES**



### CARDIO TENNIS PRICING

DHAC member rate: \$125

DHAC non-member rate: \$225



SCAN CODE FOR ONLINE INFORMATION

To sign up email [Naoufal@DedhamHealth.com](mailto:Naoufal@DedhamHealth.com)  
Please mention your preferred day and time.

**DEDHAM HEALTH**  
& Athletic Complex

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