



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	5:30 PM	Rod
Monday	6:30 PM	Rod
Monday	7:30 PM	Rod
Monday	8:30 PM	Rod
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	9:00 AM	Nadia
Friday	9:00 AM	IB
Friday	10:00 AM	IB
Friday	10:00 AM	Nadia
Friday	11:00 AM	Nadia
Sunday	9:00 AM	Rod

SESSION	START DATE	END DATE
1	September 16, 2024	October 20, 2024
2	October 21, 2024	November 24, 2024
3	December 2, 2024	January 19, 2025
<i>No classes 12/23 through 1/5/2025</i>		
4	January 20, 2025	March 2, 2025
<i>No classes 2/17 through 2/23</i>		
5	March 3, 2025	April 6, 2025
6	April 7, 2025	May 18, 2025
<i>No classes 4/20 through 4/26</i>		

**NO SUBS • NO MAKEUP CLASSES**



**CARDIO TENNIS PRICING**

DHAC member rate: \$150  
DHAC non-member rate: \$250

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



SCAN CODE FOR ONLINE INFORMATION



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