



## 2025-2026

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	10:30 AM	Nadia
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 15, 2025	October 19, 2025
2	October 20, 2025	November 23, 2025
3	December 1, 2025	January 18, 2026
<i>No classes 12/22 through 1/4/2026</i>		
4	January 19	March 1
<i>No classes 2/16 through 2/22</i>		
5	March 2	April 5
6	April 6	May 17
<i>No classes 4/20 through 4/26</i>		

### NO SUBS • NO MAKEUP CLASSES



NADIA SABLON



IBUKUN ILESANMI



ROD MENDEZ

### CARDIO TENNIS PRICING

DHAC member rate: \$150

DHAC non-member rate: \$250



SCAN CODE FOR  
ONLINE INFORMATION

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



200 Providence Highway, Dedham, MA 02026  
Tennis.DedhamHealth.com • 781-326-2900