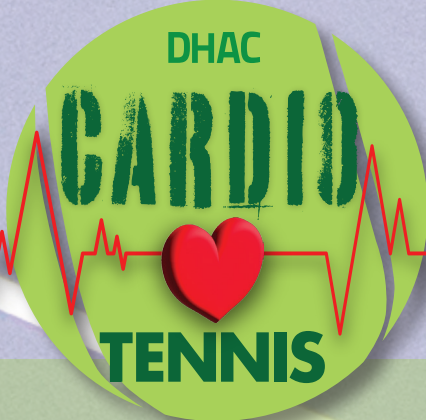




## 2026-2027

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 6 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   | 12:00 PM   | Nadia |
| 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 21, 2026 | November 1  |
| 2                              | November 2         | December 20 |
| No classes 11/23 through 11/29 |                    |             |
| 3                              | January 4, 2027    | February 14 |
| 4                              | February 22        | April 4     |
| 5                              | April 5            | May 23      |
| No classes 4/19 through 4/25   |                    |             |

## NO SUBS • NO MAKEUP CLASSES



NADIA SABLON



IBUKUN ILESANMI



ROD MENDEZ

## CARDIO TENNIS PRICING

DHAC member rate: \$225

DHAC non-member rate: \$325

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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08/13/26