



CARDIO TENNIS

A USTA driven program that's more about moving and being active. Cardio tennis incorporates foot drills, hitting drills and high and low intensity workouts to raise your heart rate and put you in your aerobic training zone.

AGES 17+ and Adults, All Levels

TIME 1.5 Hour Clinics for 6 Weeks

SESSIONS

FALL I	September 4th - Oct 13th
FALL II	October 15th - November 24th
WINTER I	November 26th - January 5th
WINTER II	January 7th - February 16th
SPRING I	February 18th - March 30th
SPRING II	April 1st - May 6th

COST

\$150 for Tennis Members (\$33 Drop In)
 \$195 for Non-Members (\$40 Drop In)

Individual Tennis Memberships: \$22.50 monthly
 Contact us for complete tennis membership rate information

TENNIS PROS Sheldon Chazen

- 2005 USPTA National Service Award
- 2006 USPTR National Award for 25 Years of Service
- A USPTA and USPTR tennis professional since 1975

Greg Selby

- USPTR certified pro with 20+ years experience
- Played Division 2 Tennis at Shepherd University
- Won a total of 5 State Titles



COPPERMINE
 RACQUET & FITNESS

1420 CLARKVIEW ROAD
 BALTIMORE, MD 21209

CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO TENNIS - ALL LEVELS (17+ & Adults) 1.5 Hours - \$150 for Tennis Members \$195 for Non-Members Drop In Prices are \$33 Members • \$40 Non-Members	9:00am (Sheldon)	8:30am (Sheldon)	9:00am (Sheldon) 7:00pm (Sheldon)		9:00am (Sheldon)	8:00am (Sheldon) 8:00am (Drop In Rate Only) (Greg)
CARDIO TENNIS - ADVANCED (17+ & Adults) 1.5 Hours - \$33 Members • \$40 Non-Members				8:00am (Greg)		

REGISTER TODAY!
 WWW.COPPERMINEFITNESS.COM