



# TENNIS

# CARDIO TENNIS

17+ YEARS CO-ED

A USTA driven program that focuses on moving and being active to get your heart pumping. 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.

### 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

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

## 6 WEEK CLINIC SCHEDULE

**FALL I**      September 2nd - October 13th      **SPRING I**      February 17th - March 29th  
**FALL II**      October 14th - November 24th      **SPRING II**      March 30th - May 10th  
**WINTER I**      November 25th - January 5th      **SUMMER I**      May 11th - June 7th

### COPPERMINE RACQUET & FITNESS

1420 CLARKVIEW ROAD  
BALTIMORE, MD 21209

CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO TENNIS - ALL LEVELS</b> (17+ & Adults) 1.5 Hours - \$180 Tennis Members • \$35 Member Drop-In	9:00am (Sheldon)	8:30am (Sheldon)	9:00am (Sheldon) 7:00pm (Greg)	8:00am (Advanced) (Greg)	9:00am (Sheldon)	8:00am (Drop In Only) (Greg)	

### COPPERMINE RACQUET & FITNESS

1726 REISTERSTOWN ROAD  
PIKESVILLE, MD 21208

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**REGISTER NOW!**

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