



CARDIO TENNIS AT PIKESVILLE

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

TIME 1.5 Hour Clinics for 6 Weeks

SESSIONS Winter I January 7th - February 13th
 Winter II February 18th - March 27th
 Spring I April 1st - May 8th

COST \$160 Per Player (\$33 Drop In)

TENNIS MEMBERSHIP Individual \$20.00 monthly (\$240 per year)
 Family* \$37.50 monthly (\$450 per year)
 Junior \$ 9.00 monthly (\$108 per year)

*Family tennis memberships include spouses and children under 21

TENNIS PROS **Greg Selby**

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

Steve Baum

- Head women's coach at Goucher College
- USPTA certified, 7 years experience
- Played division 3 at Goucher College



INFORMATION Mae Nelson, tennis@copperminefitness.com

COPPERMINE
RACQUET & FITNESS



1726 REISTERSTOWN ROAD
PIKESVILLE, MD 21208

CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO TENNIS (17+ & Adults) 1.5 Hours for 6 Weeks \$160 Per Player (\$33 Drop In)	7:00pm (Greg)						8:30am (Steve)

REGISTER TODAY!

410-653-0166

NEW PIKESVILLE LOCATION

1726 Reisterstown Road • Pikesville, MD 21208