



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 6 Clinic Package
SESSIONS Available May 13th - August 31st, 2019
 Packages expire on September 1st
COST Starting at \$150 Per Player (\$32 Drop In)

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

INFORMATION Mae Nelson, tennis@copperminefitness.com

| 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 - \$30 Drop In \$150 Per Player for 6 Clinic Package | 9:30am (Sheldon) | 8:30am (Sheldon) 10:00am (Sheldon) | 9:30am (Sheldon) | 8:30am (Sheldon) 10:00am (Sheldon) | | 8:00am (Greg) | |

| COPPERMINE RACQUET & FITNESS | | NEW PIKESVILLE LOCATION | | | | | 1726 REISTERSTOWN ROAD PIKESVILLE, MD 21208 |
|--|------------------|-------------------------|------------------|---------------------------------------|------------------|----------|--|
| CLINICS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| CARDIO TENNIS (17+ & Adults) 1.5 Hours - \$32 Drop In \$150 Per Player for 6 Clinic Package | 7:00pm (Greg) | | 8:00am (Greg) | 8:00am 4.0+ Players Only (Greg) | 8:00am (Greg) | | |

REGISTER TODAY!

410-653-0166

410-337-7781 opt 4