

# Cardio Tennis ....New Casual Option..!!



Cardio Tennis is the ultimate, high energy tennis workout. It is a fun group activity which includes a warm-up, cardio workout, and cool down featuring tennis drills and games for players of all abilities.

- You will burn calories
- You will hit a lot of tennis balls
- You will improve your footwork
- While you are playing tennis the focus is primarily on getting a great workout
- Heart Rate monitors will be used
- There is music

All weekday classes incorporate the Tiny Tots Tennis which runs simultaneously. All weekend classes incorporate Hot Shots (Ages 4 to 12 y/o) which also run simultaneously. These classes allows parents to participate while the kids learn the game too.



To be held at: St. Marys Tennis Club  
**Kalparrin Gardens (SMTC)** or  
Yando Street, Greensborough  
(Melways Ref 20 G2)

**St Mary's Primary School (SMPS)**  
210 Grimshaw Street, Greensborough  
(Melways Ref 20 J1)



the TENNIS GURU  
PO Box 301, Warrandyte 3113  
m: 0488 722 538  
e: info@thetennismaster.com.au  
w: thetennisguru.com.au

 facebook.com/1ttennis

## Cardio Tennis - Enrolment Form

Name: \_\_\_\_\_ M / F Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Child Name: \_\_\_\_\_ M / F Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Home Ph: \_\_\_\_\_ Mob: \_\_\_\_\_

Email: \_\_\_\_\_ Comp Grade/Club: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_ Comments/Allergies?: \_\_\_\_\_

### Timetable: Please circle the preferred session:

Class	Day	Time	Venue	Duration
Cardio Tennis	Mon	11:30am, 6:30pm	SMTC	60 mins
Cardio Tennis	Tues	9am	SMPS	60 mins
Cardio Tennis	Sun	10am or 11am	SMPS	60 mins
Hot Shots (ages 4 to 8)	Sun	9am	SMPS	60 mins
Hot Shots (ages 8 to 10)	Sun	10am	SMPS	60 mins
Tiny Tots (ages 3 to 5)	Mon & Tues	11:30am, 9am	SMTC, SMPS	60mins

### Fees:

Cardio 10 weeks	Singles session per week	\$175
Cardio 10 weeks	Second session per week	\$135
Casual Cardio	Paid in cash at start of session	\$22
Hot Shots 10 weeks		\$160
Tiny Tots 10 weeks		\$100

To confirm enrolment: Post or email completed form along with payment:  
Cash (bring to 1st session), Cheque (Payable to: The Tennis Guru), Direct Deposit: Account: The Tennis Guru  
P/L, BSB: 633-000, Account No: 132538992 (Please put participants name in senders details)



the TENNIS GURU  
PO Box 301, Warrandyte 3113  
m: 0488 722 538  
e: info@thetennismaster.com.au  
w: thetennisguru.com.au

 facebook.com/1ttennis