



Mission Valley

CARDIO TENNIS

SATURDAYS: Every Saturday (Starts Saturday, August 15)

7:30-8:30 Early Bird Session (3.5-4.0+)*

FREE CLASS ON: 8:30-9:30 (3.0-3.5 USTA rated)

SATURDAY, SEPTEMBER 5TH: 10:00-11:00 (Advanced Beginners/Intermediate)

10 AM, ALL LEVELS: \$10 per player for Members/\$15 nonmember

REGISTER IN ADVANCE. Spaces are limited, sign up is required

Both ladies and men are welcome!

Join us for **fast-paced doubles fun**, footwork and a **high-energy tennis workout**

that includes skills, drills and competitive game format all set to music!

To register, text Lisa directly at (941) 320-3630 or email tennis@missionvalleycc.com

Please confirm which class time when you are registering.

