

CARDIO-TENNIS CLASSES NOW AVAILABLE AT KYC!

WEDNESDAY MORNINGS

- 8:00-9:00 Exercise tennis advanced: high intensity drills, finishing up with doubles games! In this class the main focus is on hitting a lot of balls, getting a good workout in and having a lot of fun! Not too much detailed coaching! It's a fast paced class.
- 9:00-10:00 More detailed coaching, working mostly on improving the groundstrokes, volleys and serves and there will be doubles games in the end!
- 10:00-11:00 Exercise tennis same as the 8:00 class but a little bit adapted for people that can't run as much!
- 11:00-12:00 Possibly another class like the 9:00 class, depending on how many people are interested.



\$15 per person / hour
(cash or check)

*Please contact instructor
Stephanie Theiler to sign-up:
stephitheiler@gmail.com*