

Merritt Athletic Clubs Bare Hills



Begins Tuesday, September 8th!

Want to get in shape and have fun?

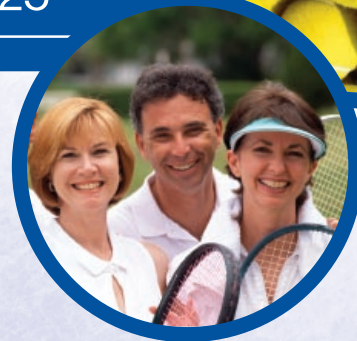
Cardio Tennis is a USTA driven program that is more about moving and being active and less about hitting great forehands and backhands. Cardio tennis will incorporate foot drills, tennis hitting drills, and high and low intensity workouts to raise your heart rate and put you in your aerobic training zone.



Mondays: 9:00-10:00am	Tuesdays: 7:00-8:00pm
Tuesdays: 9:00-10:00am	Wednesdays: 9:00-10:00am
Tuesdays: 6:00-7:00pm	Thursdays: 9:00-10:00am
Fridays: 9:00-10:00am	

Cost is \$15 per drop-in session

Buy a **Cardio Tennis Package** and get 10 sessions for only \$125



Contact Sheldon Chazen, Tennis Director, at 410.823.2500 or schazen@merrittclubs.com for more information! Space is limited, call now to reserve your spot!

Cardio Tennis

Name: _____ Date: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ Cell: _____
 Email: _____
 Day of Clinic: _____ Time of Clinic: _____
 Emergency Contact: _____ Phone: _____

I understand that this sport activity may involve risk or injury. I individually hereby release Merritt Athletic Clubs, its agents, employees, landlords, and assigns from all liability for any or all injury, losses, and damages which may be suffered by me or my child and do further agree to indemnify the Merritt Athletic Clubs at Bare Hills, its agents, successors, and assigns from liability for any losses, injuries, damages or liability whatsoever they may suffer as a result thereof.

Signature: _____

Bare Hills
 410.823.2500
 www.merrittclubs.com

