CARDIO TENNIS™

HEART PUMPING FITNESS

3.5 & up ADV **Monday** **7:30-8:30p**
with Dan Beedle

3.0 ***"Singles" Cardio*** ***Monday*** *6:30pm*
with Jeff Brainard & Dan Beedle

2.5 & up **Tuesday** **6:00-7:00p**
with Trey Ambrose

2.5 & up **Wednesday** **7:00-8:00a**
With Trey Ambrose

2.5 & up **Wednesday** **12:00-1:00p**
With Dan Beedle

2.5 & up **Wednesday** **6:00-7:00p**
With Dan Beedle

2.5 & up **Thursday** **1:00-2:00p**
With Dan Beedle

2.5 & up **Thursday** **6:00-7:00a**
with Trey Ambrose

2.5 & up **Friday** **7:00-8:00a**
With Dan Beedle

2.5 & up **Friday** **12:00-1:00**
With Jeff Brainard & Dan Beedle

2.5 and up **Saturday** **9:30-10:30**
With FSHFC Staff Pro

Cardio 101 for 2.0/2.0+ **Tuesday**

11:00-12:00p *---For beginners or players who prefer less running----w/ Trey Ambrose*