



3.0 **“Singles” Cardio** **Monday** 6:30 - 7:30 pm  
*with Jeff Brainard & Dan Beedle*

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

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

**2.5 & up** **Thursday** 6:00-7:00a  
*with Brian Perry*

**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*