



FREE
w/ Harvest
Tennis
Membership

Monday & Wednesday

11:30 – 12:30 PM

Saturday

8:30 – 9:30 AM

What is Cardio Tennis?

It is a very social and fun class for players of all ability levels taught by a tennis professional. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is a great way to train for tennis. You should expect about 15 minutes drills and 45 minutes of game based live ball in each class.

Members: NO CHARGE!

-No registration required. Just drop in and sweat!

TRY A CLASS FOR FREE:

We would like to invite anyone who has never tried Cardio Tennis to come check it out for no charge! No registration needed just pick a time and come ready to have some fun.

HARVEST TENNIS- AMES

320 S. 17th Street - Ames, IA 50010 - 515-778-2348 - www.amestennis.org