

# **FITennis**

***FITennis** is designed to increase cardiovascular function, while enhancing agility and stamina. **FITennis** combines tennis drills with tennis specific, high energy aerobic activities. This fast paced workout is set to music and will be sure to get your heart pumping!*

**Mondays 11:30<sub>am</sub>-12:30<sub>pm</sub>, followed by a half hour of optional doubles**

**January 30<sup>th</sup> – March 5<sup>th</sup> (6 week session)**

**FITennis** 11:30<sub>am</sub>-12:30<sub>pm</sub> & **Doubles** 12:30<sub>pm</sub>-1:00<sub>pm</sub>

**\$84 Member/\$108 Non-Member**

**FITennis Only** 11:30<sub>am</sub>-12:30<sub>pm</sub>

**\$72 Member/\$96 Non-Member**

*Please call 494-3600 or email [hensley@purdue.edu](mailto:hensley@purdue.edu) to sign up!*