



# ENROLMENT FORM

Cardio Tennis is a fun, social, group tennis-fitness program for people of all ages & abilities. A Cardio Tennis workout runs for 45mins and is comprised of a warm-up, cardio segment (drill-based & play-based) & a cool down. Participants wear heart rate monitors, exercise to music, use low-compression balls & a variety of equipment including agility ladders. During a Cardio Tennis workout, women can burn between 300-500 calories and men can burn between 500-800 calories.



## PROGRAM TIMES

- Monday - 11.00am
- Monday - 6.40pm
- Tuesday - 6.30pm
- Friday - 8.00am
- Friday - 9.30am
- Saturday - 2.30pm\*



*\*(Children's class running at the same time for childminding)*  
*\*\* A minimum of 4 hours notice required for cancelation or fee is forfeited*  
Classes require a min of 3 and limited to a max of 8 participants.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

MOBILE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please choose how many sessions:

- Casual = \$15 per session
- 6 = \$72 (\$12 per session)
- 10 = \$100 (\$10 per session)

## MEDICAL CONSENT FORMS

All new participants must fill out a medical consent form prior to starting the workout. These forms are handed to the CT Coach.

## PAYMENT OPTIONS

- Cheques made payable to: First Serve Tennis Academy
- Electronic Transfer:  
NAME: First Serve Tennis Academy  
ACCT: 507 926 806  
BSB: 650-000
- CASH

## FREE TRIAL OFFER

Everybody is entitled to one FREE Cardio Tennis workout. To redeem, visit [CardioTennis.com](http://CardioTennis.com) and register your details.

For more information contact: Colin House  
Dunkley Pde, Mount Hutton • Ph: 0415 436 424  
[www.firstserveta.com](http://www.firstserveta.com)

