



# Cardio Tennis Institute

At Mount Vernon Athletic Club

Cardio Tennis is a new group activity featuring drills to give players of all abilities an ultimate high energy workout. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis! Members who wish to participant in the class may sign up for each individual class through our online registration system. Non-members may call the club at 703-360-7300 or e-mail Jeremy Carl (JCarl@MTVAC.net) to sign up for the desired cardio class.

<u>Date</u>	<u>Time</u>
Tuesday	6:30 PM - 7:30PM
Thursday	6:00 AM - 7:00 AM
Friday	10:30 AM - 11:30 AM
Saturday	11:00 AM - 12:00 Noon



*Take your workout from the*

*Treadmill to the Court!*

## New CTI Packages

<u>Package</u>	<u>Member</u>	<u>Non Member</u>
Cardio 5	\$100	\$115
Cardio 10	\$180	\$200
Cardio 15	\$225	\$270

\*Drop in rate is \$25

\*\*Class must have 3 or more people signed up or it will be cancelled

### Contact Information:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Member? \_\_\_\_\_ Yes \_\_\_\_\_ No

Home Phone #: \_\_\_\_\_ Other Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Withdrawal Policy: Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. **Refunds will not be issued for any reasons. Refunds will not be given for missed classes.** It is understood that the student is in overall good health condition. With this registration, it is agreed to hold MTVAC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the MTVAC's activities.

Clinic : \_\_\_\_\_