

**A Cardio Tennis Workshop is coming to Raleigh, NC!**



**Presented by Michele Krause  
National Cardio Tennis Program Manager**

**The Raleigh Racquet Club  
Raleigh, NC  
Friday, June 26th  
11:00 am – 5:00 pm  
Registration \$60 (lunch included)**

**To Register Please Visit [www.growingtennis.com](http://www.growingtennis.com)  
Click on “training and workshops”**

**Learn how you can make money with this revenue generating program**

*“In January 2009 we ran 81 hours of Cardio Tennis Classes with the classes split between 1 hour and 1.5 hour. We average 5 players per class using only one court so for January we had 405 participants with a rate of \$25.00 per one hour class, our total revenue for January was \$10,125.00”* Chris Ojakian-Ojakian Tennis Los Angeles

**What others are saying about Cardio Tennis:**

*“Cardio Tennis is the best use of court time compared to contract time, private or group lessons.”* Whitney Kraft- USTA BJK Tennis Center

*“We have people calling a week early at 5:00am to reserve a spot in the class.”*  
Troy Robinson- Kinston Country Club

**Learn how to successfully implement this exciting program or take it to the next level!**

**Come dressed and ready to participate on court.**

**Topics to be covered include**

- What is Cardio Tennis
- Key ingredients of a healthy curriculum
- How to calculate and measure heart rate
- How to use heart rate monitors
- Learn warm-up, cardio games, cool down drills as well as sideline activities
- Proper tools for Cardio Tennis
- Learn recommended feeding approaches
- Unique solutions to Cardio Tennis challenges
- Special market segments: CT4kids, seniors, advanced