

Cardio Tennis Information

Augusta Health Fitness offers adult tennis players (and approved skills approved junior players) the opportunity to Get Fit For Life while enjoying the sport they love! This unique fitness/tennis clinic is packed with high energy tennis drills, sport specific training stations, great MUSIC, and lots of FUN! We recommend that you consult with a physician before participating in Cardio Tennis or any activity that involves a strenuous exercise routine.

All fees must be paid in full at the Front Desk of Augusta Health Fitness prior to the start date of the session. Space is Limited! To sign-up, please fill out the attached Registration Form and return with payment to:

Augusta Health Fitness
Attention: *Chad Reed*
107 Medical Center Circle
Fishersville VA 22939

For more questions please contact Chad at 540-332-5280, 540-932-5280, or creed@augustahealth.com

Entry Deadline is one week prior to the start date of the session.

Inclément Weather Policy

Every reasonable attempt will be made to hold class, as long as our facility is open. Cancelled classes will be rescheduled or program credits given out towards additional programming. Please call 540-332-5280 one-hour prior to any class to find out about weather related delays or cancellations.



Session 7,

Indoor Ct 3, 8 player max
Wednesdays, 9 am – 10 am
Oct 3 – Nov 7, \$60 Member, \$90 Non-Member

Session 8,

Indoor Ct 3, 8 player max
Mondays, 6:15 pm – 7:15 pm
Nov 12 – Dec 17, \$60 Member, \$90 Non-Member

Wednesdays, 9 am – 10 am
Nov 14 – Dec 19, \$60 Member, \$90 Non-Member

Session 1,

Indoor Ct 3, 8 player max
Mondays, 6:15 pm – 7:15 pm
Jan 7 – Feb 4, \$50 Member, \$75 Non-Member

Wednesdays, 9 am – 10 am
Jan 2 – Feb 6, \$60 Member, \$90 Non-Member

Session 2,

Indoor Ct 3, 8 player max
Mondays, 6:15 pm – 7:15 pm
Feb 11 – Mar 18, \$60 Member, \$90 Non-Member

Wednesdays, 9 am – 10 am
Feb 13 – Mar 20, \$60 Member, \$90 Non-Member

Session 3,

Indoor Ct 3, 8 player max
Mondays, 6:15 pm – 7:15 pm
Mar 25 – Apr 29, \$60 Member, \$90 Non-Member

Wednesdays, 9 am – 10 am
Mar 27 – May 1, \$60 Member, \$90 Non-Member

Cardio Tennis Registration Form

> Session 7, Wed \$60/90
> Session 8, Mon \$60/90 Wed \$60/90
> Session 1 Mon \$50/75 Wed \$60/90
> Session 2, Mon \$60/90 Wed \$60/90
> Session 3, Mon \$60/90 Wed \$60/90

D Participants Name _____
E Address _____

T Age ____ Date of Birth ____/____/____

T Home Phone (____) ____-____

A Cell Phone (____) ____-____

A E-Mail _____

C Emergency Contact Person _____

C Emergency Contact Phone (____) ____-____

H Total Fees Owed \$ _____

H Method of Payment

____ Cash, ____ Check (paid to Augusta Health),

____ Visa, ____ Master Card, ____ AmEx

A Name on Card _____

A Card Number _____-____-____-____

A Expiration Date ____/____

N Authorized Signature _____

D Augusta Health, Inc. / General Release and Indemnification Agreement

R I understand that, by participating in the Augusta Health Fitness Cardio Tennis Clinics run by staff of Augusta Health, Inc. / Augusta Health Fitness, I intend to and will be engaging in an activity that carries some inherent hazards and risks of physical injury. I also understand that I will voluntarily assume these, and all other associated risks by participating in this event. I hereby release in full and forever discharge and covenant not to sue Augusta Health, Inc. / Augusta Health Fitness, its directors, officers, agents, and employees, jointly and severally, on behalf of myself, my heirs, and my personal representatives from any and all claims, demands, or causes of action relating to or deriving from my participation in the Cardio Tennis Clinics, including those based on their negligence, which may result from any injury, including death, loss, or damage, that I may sustain while participating in this activity. I further agree to indemnify and hold harmless the released parties from any liability, damages, costs or expenses, including attorney's fees, which they or any of the incur as a result of my participation in this activity.

R I HAVE READ THIS RELEASE AND INDEMNIFICATION AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND VOLUNTARILY, WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME, AND I INTEND THAT MY SIGNATURE BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

> _____
> Signature (Parent or Legal Guardian If Under Age 18)
> Date





DID YOU KNOW.....?

“TENNIS provides a person with the physical activity needed to promote a healthy lifestyle and cardiovascular health and fitness. Furthermore, tennis puts it all together in a game that is fun! What more could one ask from a fitness activity?” said William J. Kraemer, Ph.D., past President of the National Strength and Conditioning Association.

According to research data from Medicine and Science in Sports and Exercise, the average 155-pound person burns more calories per hour playing TENNIS (493), than while participating in low-impact aerobics (352), riding a stationary bike (387), golfing when walking the course (281), hiking (422), playing softball or baseball (352), playing volleyball (281), or lifting weights (422).



Augusta Health Fitness

Chad Reed, Tennis Coordinator / Head Pro
107 Medical Center Circle
Fishersville, VA 22939
Phone (540) 332-5280 Staunton
Phone (540) 932-5280 Waynesboro
creed@augustahealth.com



Cardio Tennis

Indoor Season

2018 - 2019



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