



CARDIO TENNIS PROGRAM POLICIES

INTRO TO CARDIO TENNIS

Come on out for a fun cardio workout on the tennis court! Intended for players that have completed Adult 101 or are Advanced Beginner level.

Class Limit | 10 participants

Level | Intended for Tencap Women's Purple and Men's Black Divisions

Complimentary Classes

Thursday | 9 – 10 PM
Friday | 11 AM – 12 PM
Sunday | 8:30 – 9:30 AM

Paid Class*

Tuesday | 8:30 – 9:30AM

CARDIO TENNIS

Class featuring cardio tennis drills to give 3.0+ players an ultimate, high-energy workout.

Class Limit | 10 participants

Level | Intended for Tencap Women's Orange, Green and Yellow and Men's White, Red and Blue Divisions

Complimentary Classes

Monday | 8:30 – 9:30AM + 8:30 – 9:30PM
Tuesday | 6 – 7AM
Wednesday | 12 – 1PM
Thursday | 6 – 7AM
Saturday | 8:30 – 9:30AM
Sunday | 9:30 – 10:30AM

Paid Class*

Tuesday | 11AM – 12PM

ADVANCED CARDIO TENNIS

This class is intended for 3.5+ level tennis players with high levels of fitness to handle the intense workout.

Class Limit | 8 participants

Level | Requires tennis coach approval. Intended for Tencap Women's Green A, Yellow and White and Men's Upper White, Red and Blue Divisions

Complimentary Classes

Wednesday | 11AM – 12PM
Thursday | 12 – 1 PM

* Based on member feedback, we offer two paid Cardio Tennis classes for \$13 per class. We will accept 8 participants per class.

POLICIES

In order to offer the Cardio Tennis experience Woodside members expect, our coaching staff believes the following policies are important for elevating the overall Tennis experience. We will continue to follow our existing policies and members should expect enforcement of these policies as written.

Tennis Level

All Cardio Tennis classes require Tennis Level coach approval to ensure classes are appropriately programmed for players. Players who sign up for or attend Cardio Tennis classes above their approved Tennis Level will be asked to step out. If you are not sure what your Tennis Level is, please reach out to a Woodside Tennis Professional.

Registration

Registration opens for Complimentary Classes 48 hours prior to class. Registration opens for Paid Classes 72 hours prior to class. We require a minimum of 5 participants for each class to proceed. Please check in at the Front Desk before each class.

To register for a class:

1. Log in to [MyWoodside](#)
2. Under My Upcoming Classes, click the blue Class Schedule button.
3. In the Select Club dropdown, choose Woodside Tennis.
4. In the Select Category dropdown, choose Cardio Tennis.
5. Select the date and click the class listing you would like to enroll in, then click the blue Sign Up button.

Standby for Classes

You will receive confirmation at time of registration if you are in the class or on standby. If you are on standby, please do not arrive at a class expecting to participate. Standby players will not be allowed to join a full class. It is important to our team to uphold the integrity of the class to ensure all participants can get a good cardio workout. The National Cardio Tennis Program policy limits the class to 8 participants; when more than 10 participants attend the experience is diminished.

No Show Fee

If you do not unenroll from a class and do not attend, you will be charged a \$10 no show fee. This is a Club policy and cannot be waived. If you are on standby and think you might not be able to arrive on time if you get moved into the class, then you must unenroll so the next person on standby can move up the list. It is the member's responsibility to manage their enrollments to avoid no show fees.