



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

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 Black, 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

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

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 for Tuesday + Thursday 6AM classes opens 60 hours prior to class. Please check in at the Front Desk before each class.

To register for a class:

1. [Log in.](#)
2. Select Tennis then Book a Class.
3. Select the class you want to book.
4. Tap or click the Book a Spot button at the bottom of your screen.

Standby for Classes

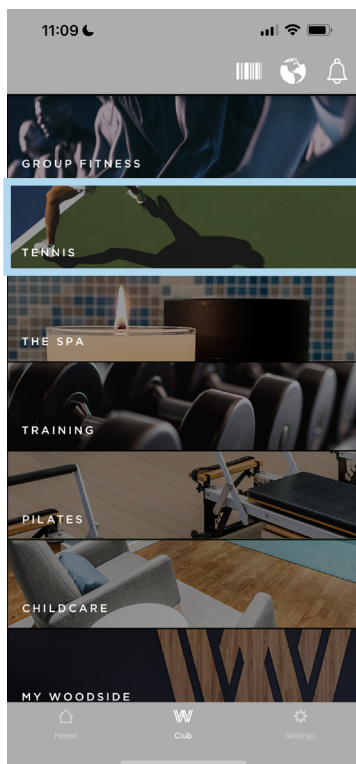
You will receive confirmation at time of registration if you are in the class or on standby. If you are on standby, please do not arrive at a class expecting to participate. Standby players will not be allowed to join a full class. It is important to our team to uphold the integrity of the class to ensure 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

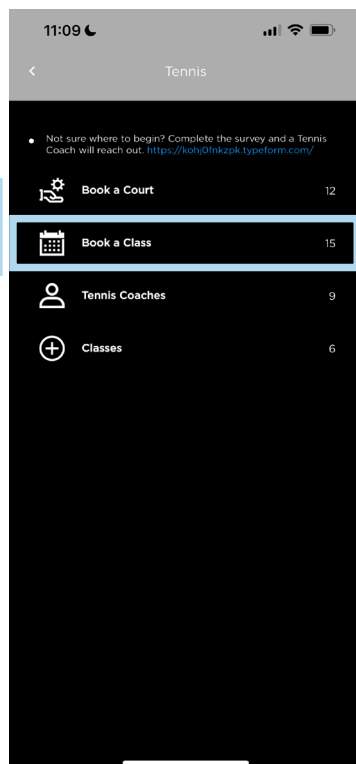
If you do not unenroll from a class and do not attend, you will be charged a \$10 no show fee. This is a Club policy and cannot be waived. If you are on standby and think you might not be able to arrive on time if you get moved into the class, then you must unenroll so the next person on standby can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

WOODSIDE HOW-TO

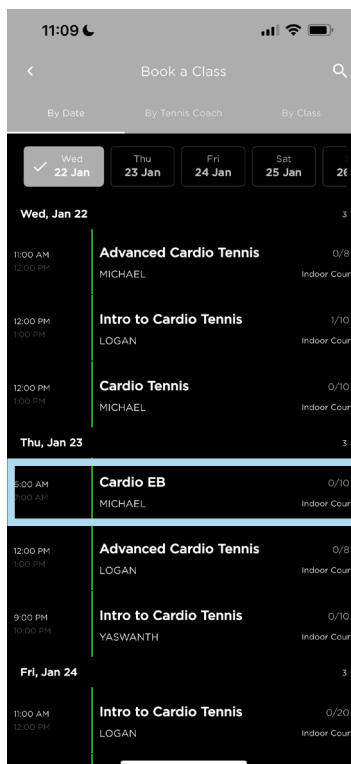
HOW TO BOOK A TENNIS CLASS



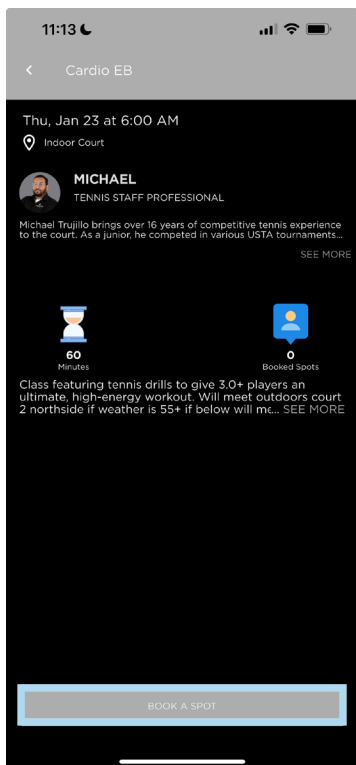
Tap the Club icon at the bottom middle of your screen. Tap the Tennis icon.



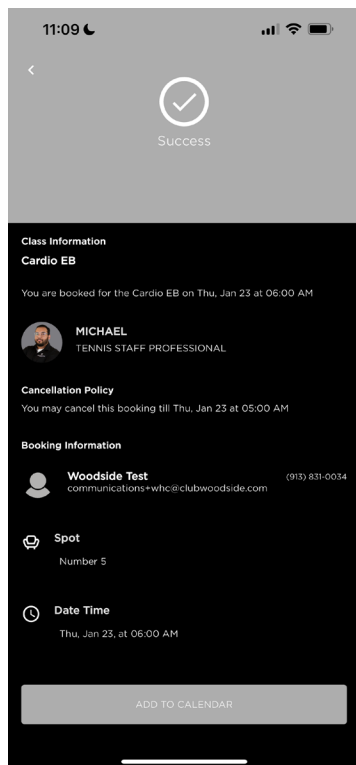
Tap Book a Class.



Browse classes by date, Instructor or Class name, or use the Search function to locate a specific class.



Tap the class you want to book. Tap the Book a Spot button at the bottom of your screen.



Confirmation of your booked class will appear.

To see your current Upcoming Bookings, return to the Club screen and tap the Barcode icon at the top of the screen.

To cancel your booking, return to the Club screen and tap the Barcode icon at the top of the screen. Tap on the booking to view the booking details, then tap Cancel Booking at the bottom of your screen.