



**NEWS RELEASE**

For Immediate Release  
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**The Woodlands Township Tennis Academy now offers Cardio Tennis**

THE WOODLANDS, TEXAS (September 3, 2013) – The Woodlands Township Tennis Academy will begin offering Cardio Tennis in September 2013. Combining tennis with cardiovascular exercise, Cardio Tennis provides a full-body, calorie burning workout. Ben Melancon, a USPTA-certified coach, will be the instructor for the class which will be offered on Monday mornings and Thursday evenings. The high energy group classes suit players of all skill levels. Serving as an introduction to the sport of tennis for beginning players, Cardio Tennis is also an excellent way for advanced players to train. New sessions will begin each month, students are welcome to join at any time during the month. The fee is \$45 for residents and \$55 for non-residents. Participants who sign-up for both sessions receive a 10 percent discount.

The Woodlands Tennis Academy offers a wide variety of adult programming. With more than 15 options for lessons and drills, including two very popular social events, the Men's Play Day and Mixers, anyone who is interested in the sport of tennis will find their perfect program match. The Men's, Women's, and Mixed Doubles leagues are a great way for players to stay in the game with some friendly competition.

For more information about The Woodlands Tennis Academy programs, please stop by The Woodlands Recreation Center, call 281-210-3950 or visit [www.thewoodlandstowship-tx.gov/tennis](http://www.thewoodlandstowship-tx.gov/tennis).

Programming is also listed in the Action Guide, available at the Recreation Center and online at [www.thewoodlandstowship-tx.gov/actionguide](http://www.thewoodlandstowship-tx.gov/actionguide). For more information on The Woodlands Township, please call 281-210-3800 or visit [www.thewoodlandstowship-tx.gov](http://www.thewoodlandstowship-tx.gov).

