



63 S. Midland Blvd, Nampa 83651  
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# SWING N'SWEAT

Taught by Jen Swing

GET FIT and HAVE FUN!!!



Bored with the same fitness routine? Energize it with the latest way to get in shape and burn calories.

Swing n' Sweat is similar to Cardio Tennis. A fun group clinic. Featuring drills to give players of all abilities an ultimate high energy workout. Music is played during the session to help create a high energy atmosphere and add motivation. It includes a warm-up, cardio workout and cool down phases.

Days: Thursdays 9-10am  
Sundays 1-2 pm

Cost: Members \$12  
Non Members \$15

