



# 2012 TPA Cardio Tennis Workshop

## Presented by Michele Krause

**MAY 5 (VANCOUVER, BC) & MAY 6 (CALGARY, AB)**

The Tennis Professionals Association (TPA) is proud to present two Cardio Tennis workshops that will be hosted in Vancouver and Calgary in May. Cardio tennis is a fun group activity featuring drills to give players of all abilities a heart pumping workout! It is a high-energy group fitness program taught by a Teaching Professional and includes a warm-up, cardio workout, and cool-down phase. Each workshop will count as a full recertification opportunity and will be delivered by Michele Krause, National Cardio Tennis Program Manager, Speaker and Team Director.

Krause is responsible for the launch and evolution of Cardio Tennis to over 1700 registered Cardio Tennis sites in the US and a presence in over 30 countries. She overlooks the day-to-day operations of the business including communications with all US sites and international inquiries and working directly with industry organizations and international federations.

**Cost: TPA Members: \$59\***

**NON Members: \$109\***

\*includes HST

### Topics Include:

| The Experience  | The Package   |
|---|---|
| <p><i>During Cardio Tennis training you will experience:</i></p> <ul style="list-style-type: none"> <li>• A condensed version of a true Cardio Tennis class</li> <li>• What it is like to be on the receiving end of the ball so that you know what the consumer is experiencing</li> <li>• Training with a heart rate monitor</li> <li>• Proper feeding techniques</li> <li>• Hands on practice on delivering your own Cardio Tennis experience</li> <li>• A variety of activities for warm-up, cardio, cool down and cardio blasts</li> </ul> | <p><i>All participants will leave with the following:</i></p> <ul style="list-style-type: none"> <li>• Marketing and media CD</li> <li>• Cardio Tennis PowerMusic CD</li> <li>• Cardio Tennis promotion loop DVD</li> <li>• Workshop participant manual CD</li> <li>• Cardio Tennis Drills DVD Vol. 1 &amp; 2</li> <li>• Cardio Tennis product order form</li> <li>• Certificate of Completion</li> </ul> |

### To Register:

Please check off the workshop (below) that you will be attending and fill out the information below:

- May 5** – UBC Tennis Centre (6160 Thunderbird Blvd, **Vancouver, BC**, V6T 1Z3) 9am – 4pm
- May 6** – Calgary Winter Club (4611-14 Street Northwest, **Calgary, AB**, T2K 1J7) 9am - 4pm

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ TPA Member: Yes / No (Circle One)

Telephone: (Res.) \_\_\_\_\_ (Bus.) \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Cheques can be made payable to: **Tennis Canada**

To register or for more information, please contact Ryan Borczon at 1-800-263-9039 x7952, [rborczon@tenniscanada.com](mailto:rborczon@tenniscanada.com) or mail to Tennis Canada, Attn: Ryan Borczon, 1 Shoreham Dr., Suite 100, Toronto ON, M3N 3A6. Fax: 416-665-6519

**Deadline to Register: Tuesday, May 1**