

ORANGE BALL MAYHEM

Ready for a heart pumping, high intensity, heart rate based class that burns huge calories while playing games? Then welcome to Orange Ball Mayhem!

Guest trainer, Michele Krause, will be here on Saturday, October 3, to kick off our program. Michele is internationally recognized as the creator of cardio based tennis workouts and has delivered over 500 courses to fitness and tennis professionals all over the world. She's even been featured on NBC's "The Biggest Loser!"

What to expect? We're going to turn on some tunes, strap on our heart rate monitors (encouraged but not required) and whack a bunch of balls all the while having a great time and improving our cardio endurance.

No tennis experience? No big deal! The ball we will use is way softer, slower and much easier to hit than a traditional tennis ball. And if you don't have a racquet, we'll loan you one.

Two class options are available and registration is required. Go to the "Empower M.E." tile, login and look under "Courses/Events Schedule."

Orange Ball Mayhem with Michele Krause
Saturday, October 3

8:30 - 9:30 am or 10:00 - 11:00 am
(Expect about 40 - 45 minutes of cardio)
LRAC tennis courts 4, 5 and 6

Members - \$6 | Non-members - \$18
Court shoes are safest but please wear
non-marking shoes, regardless.