

CARDIO TENNIS



Train for Tennis & Burn Calories

Cardio Tennis is an exhilarating group activity for anyone – at any playing level – looking for a fun way to burn calories and interact with others outside of the gym.

It's a high energy fitness session that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

- **\$10.00 Annual Indoor Membership Fee**
(Required for all non-OLTC members)



INDOOR SESSION

September 13, 2021 – April 29, 2022

Weekdays

Mondays

9:00am – 10:00am

Wednesdays

8:00am – 9:00am

1 HOUR CLASS: \$35

Advanced sign up required



305 N Ridgewood Road • South Orange, NJ 07079
973.762.0928 • orangelawn.com

@orangelawntc

Reserve your spot by calling 973.762.8689 or email proshop@orangelawn.com

REGISTRATION

Existing Orange Lawn Tennis Club Full Member
(Must have credit card on file)

Name _____
 Email _____
 Phone _____
 Authorized Signature _____

New Orange Lawn Tennis Club Indoor Member
(Must have credit card on file)

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Phone _____

**Payment will be due in full on
August 2, 2021.**

My guaranteed form of payment is:

MC Visa AMEX Discover
 and I authorize Orange Lawn Tennis Club to charge
 this credit card for services.

Card # _____
 Security Code _____
 Expiration Date _____
 Authorized Signature _____

ORANGE LAWN TENNIS CLUB WAIVER AND PROGRAM POLICIES

LIABILITY WAIVER, ASSUMPTION OF RISK AND RELEASE AND OTHER TERMS: By signing, I agree that I am the named participant, and that I will abide by all rules and regulations which now exist or which may be hereafter adopted or amended by Orange Lawn Tennis Club (OLTC). I acknowledge that there are certain inherent dangers in playing tennis and participating in other OLTC programs, and that OLTC shall not be liable for any personal injuries, property damage, or other loss sustained by me, on or about the premises of OLTC, or arising out of the use of any facilities, equipment or other property of OLTC. I am physically sound and suffering from no conditions, impairment, or other illness that would prevent my participation in OLTC programs. In the case of accident or injury, and an emergency contact person cannot be reached, I grant OLTC permission to obtain medical attention, for which I will be financially responsible.

I accept that enrollment in OLTC programs is for the full session and that no refunds will be given for withdrawals or absences after the session begins. I also understand that membership is required for participation in OLTC programs. OLTC reserves the right to cancel this contract at any time, at its sole discretion, and OLTC's sole liability shall be to refund any amounts previously paid on a pro-rata basis. OLTC reserves the right to close courts for repair or alteration. OLTC retains the rights to any photographs or video taken at the facility to be used for publicity or advertising. I authorize OLTC to contact me at the below email address directly. OLTC DOES NOT GUARANTEE MAKE-UPS FOR CLASSES MISSED BY THE PARTICIPANT.

By signing below, we attest that we have read and agree to the Terms and Conditions of this Contract.

Signature _____
 Print Name _____
 Email _____