

2026 Adult Cardio Tennis

July Sessions

CLASS DESCRIPTION: Cardio Tennis is a high-energy group fitness class that combines fast-paced movement, engaging tennis drills, and social gameplay to keep participants active and having fun. The session emphasizes maintaining a steady tempo and intensity from the start, ensuring players stay engaged without long pauses or waiting periods. With a mix of dynamic footwork exercises, skill-focused drills, and interactive doubles games, players improve their tennis abilities while getting a great workout. This fun and social environment is perfect for all skill levels, offering a unique way to stay fit and enjoy the game. Please note that our Cardio Tennis sessions are focused primarily on physical exercise and high-energy drills. This is not a tennis instruction lesson, so participants should not expect coaching on technique or how to play tennis during these sessions. **Any weather cancellations will be communicated by Exeter Parks & Rec via email.**

The main goal of Cardio Tennis is to keep players moving, sweating, and having fun through structured drills and continuous activity. These sessions are designed to improve fitness, footwork, and stamina, rather than to teach tennis fundamentals. Because of the pace and format, Cardio Tennis is best suited for intermediate to advanced players who are already comfortable with the basic skills and rules of the game. If you're looking for detailed instruction or to learn how to play tennis, we recommend joining our Group Beginner Lessons instead.

INSTRUCTOR: Pavel Pazourek. is a professional tennis coach with certification through USPTA. Pavel has been coaching for 15 years and has been playing tennis for over 26 years. In his coaching career, he had been working with some very influential coaches in the Rockingham region of the Town of Exeter, such as; Kyle Littlefield, Mark Milton, Michael Blaisdell, Brian Beck, and the director of Advantage Kids, Sue Vitko. Pavel's Mission is simple, "I would like to offer to all participants If you are a child or teenager or adult, or person with special needs the opportunity to grow and get better in playing tennis as a sport through a range of exercise skills, technical skills, physical activities of movements, drills and games that provide a friendly healthy competitive spirit and social interaction. In addition to coaching tennis, Pavel is also a residential counselor with over 26 years' experience for people with special needs. In his eyes, everybody must be included in this wonderful game.

REGISTRATION: **Registration begins June 10** and is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, by phone or mail. Payment must be paid at the time of registration.

LOCATION: Recreation Park (Lower Courts), 4 Hampton Road, Exeter

FEE: \$60 per session for residents and \$70 per session for non-residents. A "Session" is all dates listed on this flyer. Please make your check payable to E.P.R.D. Visa, MasterCard, Discover accepted. There will be a \$20.00 fee charged for each returned check. Min.3/Max.8 students per session.

Adult Cardio Tennis July Session Dates, Times & Fees	
July 9, 16 & 23	7:30-8:30 am
\$60/Resident	\$70/Non-resident

Exeter Parks & Recreation Department
10 Hampton Rd. Exeter, NH 03833 www.exeternh.gov/recreation 603-773-6151

