

# Cardio Tennis Research with Sites and Participants

Note: Site questions and answers are in Black; Participant or Consumer answers to similar questions are in Blue

After each questions is the results followed by our comments

## 1. How is your Cardio Tennis program organized?

- 25% Each Cardio Tennis program lasted a number of weeks, participants sign up for full program
- 72% Cardio Tennis sessions available at specific times every week, participants pay per session
- 13% Other

*The majority of you are asking participants to pay by session*

## 2. What % of your program is 'drill based' vs. 'game based' during the cardio segment?

- 60% Drill based
- 40% Game based

### For players with that are less advanced, do these %'s change?

- 75% Drill based activities goes up
- 24% Stays the same
- 1% Drill based goes down

### For players with that are more advanced, do these %'s change?

- 70% Game based goes up
- 29% Stays the same
- 1% Game based goes down

## 3. How many sessions do you offer today versus when you started the program?\*

- 2.33 average # of sessions offered by all sites initially
- 3.24 average # of sessions offered by all sites today

*Sessions have almost gone up by 50% since they have started...an extremely positive sign*

## 4. How many individuals attend your classes now versus when you started the program?

- 11.3 average number of participants in first sessions
- 23.3 average number of participants today

*The number of Cardio Tennis participants has doubled with programs 3 months old or longer*

## 5. Do you offer specific programs just for beginners in Cardio Tennis?

- 16% Yes
- 84% No

*As we bring in new players to tennis through Cardio Tennis, this % will have to increase*

*When we dig into the research in more detail, we see that 24% sites who have had CT for 3 months or longer have*

*specific beginner programs*

*We have also produced a specific DVD on teaching Beginners*

**6. Did you attend a Cardio Tennis 4 1/2 hour Workshop in 2005?**

60% Yes

*This is positive. We will continue with more Workshops in 2006*

**7. Would like pros to receive more training in 2006?**

75% Yes

*We will have over 30 Workshops in 2006 focused on topics you mention below*

**8. What topics are the most important that you want covered in training or Workshops? (listed in importance)**

- 1 How to market Cardio Tennis in my facility/area
- 2 Play Based Approaches
- 3 Drill Based Approaches
- 4 Sideline Drills
- 5 Warm Up and Cool Down drills
- 6 Making \$ in Cardio Tennis

*We will focus on these in our 2006 Workshops*

**9. What Promotion activities did you think were most effective in your facility?**

- 1 E-mail blast to members / players
- 2 Cardio Tennis banner
- 3 Flyers inside the facility
- 4 Feature in club newsletter
- 5 In-club signage/posters
- 6 Free Cardio Tennis session\*

*Every facility should be doing these 6 things!*

*Note: For the facilities that said they offered "free lessons", it was the second most important activity (after banner)*

**10. Did you use heart rate monitors in your program and how?**

37% Yes

63% No

80% Loaned out

20% Include in price of the program

*This is encouraging; this is a good investment; see how consumers liked them below*

**Participants: How much did you enjoy using heart rate monitors in Cardio Tennis?**

4.27 Rating on a 5.0 scale

*Heart rate monitors are a really good tool*

**Participants: If heart rate monitors were not used, would you like them to be used in Cardio Tennis in the future?**

52% Yes

**11. Are you selling heart rate monitors in your shop?**

29% Yes

71% No

*A money making opportunity!*

**12. Did you use music in your program? From what source?**

86% Yes

14% No

*A must in our opinion; see what consumers feel below....*

34% PowerMusic.com

*34% of sites are using PowerMusic.com, our recommended source; get a discount by buying through the Partner's website*

**Participants: How much do you like the music in Cardio Tennis?**

4.31 Rating on a 5.0 scale

*Very positive; keep the music 'fresh too'*

**Participants: If you did not use music in your program, would you like music to be used?**

74% Say YES

**13. Overall, how do you rate the marketing support for Cardio Tennis from the TIA?**

4.08 out of a 5 point rating scale = very good

*We will continue to improve*

**14. How good of a workout do you think your participants got in Cardio Tennis?**

4.65 Rating out of a 5.0 scale

*Again, please see how the actual participants felt about their experience below...*

**Participants: How good of a workout do you think you get in Cardio Tennis?**

4.17 Rating out of a 5 point scale

**Participants: How do you compare the workout in Cardio Tennis to traditional tennis?**

- 80% Say Cardio Tennis is a better workout
- 13% Say it is an equal workout to traditional tennis
- 7% Say traditional tennis is a better workout

**Participants: How does Cardio Tennis compare to your normal exercises or fitness routine?**

- 60% Say Cardio Tennis is a better workout
- 26% Say the workout benefits are similar
- 14% Say their normal fitness workout routine is better

24% Say traditional tennis is their normal workout or fitness routine

***This is very positive; there are some programs that need to look at their routines....see Participant Verbatim later...  
Also notice only 24% look at traditional tennis as their primary fitness activity!***

**15. How much fun did your participants have?**

4.66 Rating in a 5.0 scale

***This is very positive; see how it compares to what participants are saying below...***

**Participants: How much fun is Cardio Tennis?**

4.29 Rating in a 5.0 scale

***This is very positive***

**Participants: How much fun is Cardio Tennis versus your normal fitness routine?**

- 85% Cardio Tennis is more fun
- 15% About the same
- 0% My normal routine is more fun

***This is a MAJOR ADVANTAGE to Cardio Tennis***

**16. How likely are you in running Cardio Tennis in the Future?**

- 92% Very Likely or Likely
- 5% Uncertain
- 2% Unlikely or Highly Unlikely

***This is extremely positive for a new program; 62% are very likely***

***The Unlikely or Uncertain are mostly due non program issues...see verbatim later***

**Participants: How likely are you to continue with Cardio Tennis in the future?**

92% Yes

*This is again positive; however, look at some of the consumer verbatim later; some consumers have recommendations*

**17. Do you see the number of session you offer in 2006 changing?**

61% Increasing

32% Staying the same

5% Decreasing

2% Stopping

*Again, extremely positive! The potential is there for all of you!*

**18. What financial impact do you think Cardio Tennis is having on your facility?**

10.4% Increase in Revenues

*The average facility thought Cardio Tennis is increasing revenues over 10%!*

**VERBATIM COMMENTS FROM MANY OF YOU.... *From Participants in BLUE***

**What elements of Cardio Tennis worked best for you?**

1)Early morning programs, 2) "Boot Camp" style cardio tennis
40 minute cardio - drills, games based
Ability to attract infrequent players into a class and furthermore into daily activities at the tennis center.
ALL
all
all
All 3 segments of the workout program are perfect.
all of the aspects
Because of differing skill levels, the drill-based approach was most successful.
Being outdoors, playing tennis, music, fun, extra props
Both Drill and Played skills worked well, I adapted them to skill level and group size as needed. Music is the biggest draw of all !!! they love to have fun to the music.
By being a good motivator and use of the ladder and music cuz it makes them move and jog a lot.
cardio
Cardio drills
Depends on who shows up. Some like the competitive games and we go that direction. Others like the "pattern of play" drills. If the players are accomplished we go to the competitive games. If the players are 2
DRILL BASED

Drill based drills
drill based workout
drill-based
drills and games
Drills and play base
Drills and workouts
drills with music varied levels
Drills, lots of movement, little down time.
drills, music, short-segment games
Emphasis on cardio conditioning and fat burning
Everything I was taught to use.
Exercise while playing tennis
Fast moving drills, play situations and having the music.
Fast paced drills with footwork through power ladder.
fast pacing and little instruction was the surprise feedback for the instructor
FUN AND MOVEMENT
game approach
games based drills
Games Based Drills and Music
Good Music. Changing drills often
Having a trained fitness person on the court with me
Having music.
Heart Rate monitoring and instant gratification with calorie counting.
heart rate monitors
Hip Hoppers to feed balls to each other.
hitting balls to music was a real +
hurdles, ladders playing drills
I ask each session for feed back and almost always all positive
I love the heart monitor. I brought in pedometers and also medicine balls and jump ropes and basketballs etc for fitness drills.
I use them all and make each cardio a little different. We also track the average heart rate, time in the zone and calories burned each session for participants.
Incorporated USTA Dynamic Warm Up exercises Circuit Training Stations Competitive Drills
incorporating games, utilizing aspects of it when other clinics have a large number of participants.
It all works. We just have to find the right times for the members.
It is a way to get people out on the tennis court who would not otherwise join a team or group clinic
Keeping people moving. The music makes a difference.
ladders, hurdles, and other fitness equipment

MOVEMENT, BURNING CALORIES AND BUILDING THE MOST IMPORTANT MUSCLE!
music and court drills
music less instruction and more exercise
music play based drills
Music
Music an the quick work-out
Music and fun!
music and games based approach
Music and hitting lots of balls produced a fun workout
music and monitors
music and sideline ladders
music and the heart rate monitors
Music with fast paced drills. Line exercises using ladders and lunges or crunches.
MUSIC!!!!
music, constant movement, It's something different that can keep you fit using the sport that the members love.
Music, drills, and side-line activities. Players also enjoyed the "Tennis Volleyball" game for the cool down.
music, drills, games, ladder
Music, e-mail list, memberships
Music, face pace, they absolutely love it!
Music, fast pace drills and games.
Music, fast pace, heart rate monitors in the gym. Being able to put different level players on the same court.
music, fast pace, variety of drills
Music, heart rate monitor, drills
Music, Heart rate monitors, fun atmosphere
music, not hitting against other players
Music, numbers 3-6 people, 1/2 drill based, half play based.
Music, Watches, Great Pro, Times, Personal Testimony
music,music, and music
music/high energy
Music-Fun
My weekly clinics are very technical, so Cardio has added the fitness aspect which is very important. Plus it has brought people to my sessions that don't want any coaching. Love the music.
New programs are always a benefit. A less instructional tennis venue where all levels of players can participate, sweat and have fun in less than 1 hour.
Our instructor is very good.
People enjoy the workout and fast pace.
Play Based Drills

play based drills/music
Players liked that the program was different from a regular lesson or clinic - they keep coming back session after session
playing and having fun with all levels on the same court at the end of the clinic
quick drills
set drills each week, music,and all levels of players on the same court
SONY Boom Box is great...music is wonderful. I'd rather teach a Cardio Class than anything else.
Started having students pick up balls after hitting cardio was a great way to get them to by in to that. The new format was fun for a while but we have been doing it for a 1 and half now and it has losted its shi
Still very new to us.
Stressing improved fitness levels for players
Tennis Drills and keeping the participants moving--giving a good workout
TENNIS PART AND EXERCISE
The ability to have many levels of players as well as physical fitness. You can adjust the work out based on their ability to get into their heart rate zone. You can encourage those who are more resistant, or s
The addition of music.
The class keeps moving, its fun and fast paced. It gets people dusting off their racquets again - it works for lots of different levels. The website provided a lot of emails which was great.
the concept of having the heart in a designated range for a certain period of time as a positive health benefit.
The drills and music were the best. My members range in age from 55 - 75.
the fact that it is a great workout while you are getting to hit balls
The high energy level and movement of the program. Need to add music and monitors soon.
The idea of the "workout" rather than a "lesson type format. The limit of 12 people with 6 per court and having a minimum when they sign up.
The music and adding circuit training
The music and focus on fitness instead of just the tennis was a huge hit with the members. The level of player didn't matter for this clinic.
The music was well received
the new drills and more structured format
The quick moving drills that all participants could have some degree of success, especially with the use of transition balls.
the sideline set-ups
The work-out to music works well for us. I record upbeat, popular music and we choreograph the lesson plan to the individual songs ... everything from "Who let the dogs out" to "Y-M-C-A" ...
Those that developed tennis skills. Plus, we added a nutrition component with the local health food store, They liked the samples and health ed
Using Ladder and heart rate monitors
we are just getting ours off the ground
We do primarily play-based drills. We can get away with doing this because we have many participants which allows us to separate into specific levels. Music adds a whole new dimension. The best element of our
We incorporated the fast tennis drills and then do the cardio with tennis ladder etc. on another court

We mix every lesson with drills and games. They like that we have both every class.
we used almost all ball drills. We did not do any exercise other than hitting balls in a drill situation. People did not really like doing fitness that did not involve hitting balls.
we were able to ad a warm-up and cool down. also, with the heart rate chart it gave the group a goal which makes things easier.

**If you are not continuing with Cardio Tennis, why?**

have a different job
not enough time on the website yet. my club is new to the website
Note: Very likely but I am just starting the program. I will need 8 weeks to check the member support
Our community is just 12K pop. Of this about 60% are seniors. Those who REALLY enjoyed it and signed up for the second time were under 50, they were in their 40's. My juniors have liked it
Our main problem is court availability. We only offer noon hour Cardio due to prime time usage with lessons, leagues, etc.
Problems with seasonals regarding the music
The CT program was introduced in Sept. 2005 and we do not have an indoor facility! This data is offered from a total of three sessions. Then cold weather arrived. However, a new indoor facility is being built
The music is getting old and we probly in a break and try to come back strong. Also they where getting tryed of the drills and no instruction. When it really comes down to it the students want to get better
but something has to change in order to make it worthwhile. A
We are going to change the times to fit the publics schedule and ad another teacher to do the program

**What elements of Cardio Tennis do you feel need to be improved?**

A survey prepared for the instructor would be good to have to assess the same info here.
better drills on the websdite
Better use of music 15 warmup music 30 cardio 15 cooldown on same cd
Cant say at this time
Cardio drills
cheaper watches
Continue to develop drills on the website
Continuous improvement on drills ideas/exchange through the website.
dead ball drills. need more variety.
dont know because we run our own program and we have been kicking ass since 1984
drills
Drills and play base
Drills for beginners Drills for children
ease of monitors
Existing players love it,new players intimidated by the class
financial help with heart monitors

for me, i need more time to start multiple classes
For us, better ability to handle different playing levels.
For us, we started w/ one session from 7-8 am. Had limited success, but lots of interest in Cardio Tennis in general
game-based
HEART MONITOR NEED TO BE LOOKED AT
heart rate monitor pricing
how to market heart rate monitors. Classes are much better with them. How do we get players to buy into the idea.
i know other areas have had lots of monetary success but many of our membership are skeptical of paying for something that they can get for free inside in the gym
I need to sell it better... I also am going to change the time I am offering it, and offer it twice a week and see how it goes.
I really enjoy this program...and I am constantly working to improve my skills as a instructor.
I think a program like this that appeals to men - maybe less music more of a boot camp.
i think it is great for now
ideas for off court activities besides ropes
If I have more participants the groups can be more homogenous
If you cant give us the music at least suggest songs that go over well. And more line drills to chose from.
instructor - looking to change
Instructor needs to do a better job of getting the particpants motivated to run around more. With only 3 players if may be difficult.
integrating ball pick up into the workout
It is difficult when you have a 4.5 men's player and a woman who has never picked up a racket before. Stronger players find it not worth their time to come out and drill with a complete beginner. Even though yo
It would be nice to have a "drill page" added to the web-site, with a variety of lesson plans to help keep the work-outs fresh and exciting. Possibly sites could submit drills and lesson plans to share with othe
Just getting the players out to try the program. Once out, to get their friends out and keep them going with lessons or leagues
Just to keep things new and fresh I always try to add one new drill each week, so I just need to keep up creativity. As player get better I can incorporate more play based activities.
local ads
Locating and enticing new and lapsed tennis players to come try cardiotennis as a way of growing the game
lots of energy expenditure per hour per pro and not a great deal of comparable revenue increase. In long term better for pro to run regular clinics
marketing
Marketing and Promotion.
Marketing like Curves!!!
marketing of benefits of participation
Marketing/Promotion.
measurement of participants fitness levels at end of 6 wk, 12 wk, with possible incentives? court time with music is limited....weekday only hours at this time because courts are full in evenings and weekend

More creative drills
more drills
more drills and more trainings.
more info to teachers ie.. log in and sign up through website for teachers only for monthly updates on new drills and techinques from fellow teachers via email,
More national advertising during televised tennis events.
More new drills, warm-up and cool down
More publicity in through local newspaper articles - it works. Every time an article runs, my program gets hit from cardiotennis.com.
More specific class structure and format.
Music options
my warm down drills and getting slower music with it
n/a
NEED MORE SIDELINE DRILLS
Need to get more men and the 3.5 level and higher.
NONE
none
none
none
none
None to speak of, other than most players did not want to stop and check heart rates. I therefore kept it at medium intensity to accomodate everyone.
none, great program
Not sure yet
NOTHING
Nothing
Of course the program depends on the instructor. I think the program is fool proof. My ladies loved it and so did we.
People are still vary vary of what it is. Most people think they naturally are unable to do it - not in good enough shape etc. Make it attractive and less intimidating to the not-so -fit players.
Play based games
Price of cardio monitors. Need simpler monitors.
Pro training
safety factors
send out booklet of drills to the pros
Should have started in the spring. It is slow to start in the Fall in Atlanta because of ALTA and then Winter is very slow.
side line activities
skill and enthusiasm of the pros
Staff training, Constant marketing.

targets and numbers of suitable ability
Tennis specific exersizes. Filler exersices. squads, plyometric jumps etc. needs to be added between drill sessions
the ball is in my court proverbially. I haven't promoted it here enough
the excitement for the program
The more I do it, the better it gets.
The times we offer it.
the tinmes we offer it and the pros who teach it
The warm-up with stretching wasn't a big success.
updated drills, chatroom for ideas
Use of monitors
USE OF TENNIS DRILLS TO MOVE STUDENTS MORE CONSISTENTLY
warm up & cool down
warm up, cool down
warming-up period
warm-up activities
We did everything possible. Had a personal trainer on the court. Lots of toy
We have been very successfull, but need to keep the enthusiasm going. We have a very "unsupportive" fitness center staff. They feel we are reducing their role in our 90% tennis dominated facility. One of our ma
We have had difficulty recruiting non tennis players, and we have had difficulty combining groups of differing abilities. Court side drills and exercises are difficult to get the participants to participate in.
we need cardio zone posters to hang up on the court.
we need to find ways to get people on the court for the program. the program sells itself when people do it!
We need to market and promote better.
We need to use more of the great advertising tools that has been given to us.
we simply need to gain more experience in running it. We are a seasonal program.
We'd like to be able to incorporate music but with other clients playing on adjacent courts it isn't going to work indoors.

### Any other Comments?

A great program that's here to stay.
Cardio has been great for our club and has brought out members that had been away from tennis for awhile.
Cardio is a great program. We will continue. The biggest key to improvement is our staff and pros' need to promote and market. The program can only grow.
Cardio Tennis is a fantastic program. It should be a major priority at the Local as well as at the National Level. It is bringing new players into the game
Cardio Tennis is great. We have had a lot of fun with the program.
Cardio Tennis is not only a great program for Clubs to generate more revenue, but here, it is the trendy, "in" thing to do and teaching it is a blast compared to regular tennis
Cardio tennis proves to be an innovative way to introduce players to the game and provide a more enjoyable vehicle for fitness.

Fantastic Program. One the best developed and initiated programs done nationally
Feel its very good for players and for Tennis.
First program was advertised for a September start but only had one person register so had to cancel. We may have been slightly ahead of the national promotion
great program
great program!!! We fully support it - Fernando Velasco
Great program. First new program from the Tennis industry in a long time. Tennis did the right thing to train everyone first, and promote the program before launch
Have been delayed getting started due to closings and reparations from the hurricane. Have purchased all materials.
Haven't received packet with banners, etc. yet
I am looking forward to starting the program, but I am put off by the initial cost of equipment, ie. the heart rate monitors.
I am optimistic although I haven't gotten the initial numbers I had hoped. I think it will appeal more to the "Cardio Crowd" than the tennis crowd.....
I am promoting it as a new get fit program at the YMCA for the beginning of the year.
I could need more training how to plan and how to run cardio sessions. Is there any?
I do not know what impact Cardio- Tennis will have on my facility. I am hoping and expecting it to be very positive. I do have an older clientel.
I have given out all of my information to members. Where can I order more brochures. I hope the program continues, I know it will at our Club. It is a great
I have just recently started the program, but I can see that it will grow. I have not yet bought the heart rate monitors
I have not recieved any banners or support stuff that was promised.
I like the program very much and believe it will help keep people healthy, and I am willing to keep trying to grow the program.
I love Cardio Tennis. I am attending the USPTA Midwest Conference in March and look forward to attending a training workshop.
i love it, i just need more hours in the day to hold more classes
I love this program and am anxious to see it grow at our facility. We expect to add new sessions and have another professional teach. We are a YMCA and have
I love this program you have got to get recreation center professionals like my self to promote it. NIRSA is my national association Id be glad to help
I loved the idea of it and I would love to introduce it in my program
I need to purchase some extra outside the court supplies.
I really need more help from radio and newspaper plus TV/Cable ad. I just can't afford it, especially this time of the year.
I think cardio tenni is the most innovative intiative by the tennis industry.
I think the program is on the right path.
I would like to see more Cardio ads in National TV channel prime time during 6:30 News at least 3 times a week and Tennis Channel
I would love to be a cardio speakers team.
I'm was passionate about Cardio Tennis and still believes in it but all the marketing had not helped in gaining the amount of interest I had anticipated.

increase the advertising to send more people to the website
Is fun and a good excuse to be active!!
It is a good program and we will do another 8 week session in April.
it is our most succesful program
It will be great when we get it going...waiting until it gets warmer because we are outdoor only.
It will get bigger here--after holidays--spring
Keep up the good work. My people love the program, because it's truly a great workout, and best of all because it's fun!
Looking forward to seeing you at the Supershow in Orlando
Love it!!!
Love the program. We're going to get it to work for us. Just a little time is what we need!
more drills online tips/marketing/etc from pros on website area for pros to post questions, tips, etc
Most of the players love it! Hard on those with knee problems.
My assistant would be perfect for your seminars he is excellent feeder has well as fitness.
My program begins in January. I have some interest from locals in the area and am looking forward if some new clients/non-members look us up. Thanks, Jim
My thanks for offering this very successful healthy way to get and stay fit. I expect participation to increase greatly as word spreads. Thank you Shirley
Our facility is STILL not completed, but many people have expressed interest in the program.
Our members came to us wanting to try tennis aerobics and sometimes that is what it takes for a program to take off.
Our problem is commitment and time. We can not really offer this program at your suggested times as the music and comotion interfer with other players on other courts
Please add Puerto Rico to states that sites are located in, we are the largest facility in the Caribbean and will be running the program throughout the year.
Program was advertised for a late September start but we only had one person register. We may have been a bit ahead of the national promotional curve
registered a long time ago
Since our facility is membership-based, we have to do some programs without music, and we feel that music is very important.
Teach at Tennis associations.
Thanks, this is a great program BUT it seems it is like every program offered by any tennis organization.
The AD at Andrews University would like for me to get a program started for them in June 2006.
The Cardio Program will have a bigger impact on our community beginning Spring 2006.
The kickoff of the program was too late for us this year, hopefully we will start next year. Have had a total of 3 inquiries about the program.
The people who are regulars love it! Great workout. They would have me teaching it year round!
this is a great program. Again, I am looking to change the instructor and lower the price. The new year should be much better.
This is one of the best programs for tennis. Marketing and getting players and friends involved will build up tennis tremendously.

This national program created significant interest and brought new players to the courts. I think this brand could do even better in 2006 - keep pushing it!
use of whistle has been helpful, as many noises and increased distance between instructor and player comes into play
We are a small CTA who share courts with the city Parks and Rec, and one of our high schools. Our player/participant base is small
We are a very different club we have members and locals and we are the premier tennis club surrounded by resorts and condos.
We are a YMCA--fitness programs like cardio tennis does not involve a large income for us. We charge \$3 for members and \$5 for non members.
WE are excited to get it started! We have many members who live here seasonally/travel frequently, so hopefully after the holidays we can get started!
We are going to have a free trial class in January with hopes of starting in February.
We are looking forward to starting Cardio Tennis here at the Charlotte Country Club.
We are working on building an indoor facility so we can offer Cardio tennis year round rather just in the summer as we do now.
We asked each player for feedback and suggestions and most thought it was not a good use of their time because they were already at the gym
We have 3 classes running at the present time and they are doing very well. We are looking to add to the program. Our facility was also featured on Channel 6
We have not started because our USPTA/PTR pros are not currently paying dues and our manager who was following up on liability proof moved to Texas.
we love it, it has been very successful.
We sponsored a demo Cardio Tennis Class in November 2005. 6 people participated. Primarily from the ad in the Health Section of the Los Angeles Times in October
We think the program can / will be successful for us - but it is still very new to us. We have high hopes!
We were going to start Cardio in the fall but will begin the program in the Spring as we only have outdoor courts. No indoor. We did run a few cardio clinics
Would like to see heavy promotion in January/February to lead into the Spring months when fair weather fans get back out on the court more.

## ***VERBATIM COMMENTS FROM PARTICIPANTS....***

### **Participants: What one thing would you change if you could?**

Add push-ups, situps, jump rope areas etc... Music needs to be more geared toward the age group of the participants. 35-85 not the young intructors.
add variety so we aren't doing the same workout every time
Although you say you don't have to play tennis to participate- you need to divide by level. Also, there are always new people, the instruction for them takes away from those that know what they are doing so not as good as a work out. It would be good to do an
Different skill level have been a problem a couple of times when there have been larger # of players

Do cardio tennis with those of your ability level, not mixed
either fewer people at one time or use of 2 nets, instructor at one and drills with partners at other. Switch after a period of time. Decreasing standing in line time.
get more men involved
have the whole family attend, adults and kids at same time frame so no sitters or child care needed...ie have a kids cardio or clinic at same time as adult.
Having less than 8 people in the class
I left several message for the person at Cabin John, Bethesda to call me, but she never did.
I think it's great just as it is.
I wish more Boston Sports clubs, and tennis clubs would participate, like Woburn Racquet club and BSC Lexington.
If we can practice on serve for cool down, that'll be great.
incorporate more actual tennis in the workout
instructor/workout/level of player
Keep the level of people about the same..keep the action moving a little more, less down time.
Less running and more drills. In other words, more time spent hitting the balls through drills that require some foot work less running. I came here to play tennis and get cario workout at the same time.
limit class size to no more then 8
Limit the class size. A couple of times there were more than 10 people and the work out didn't seem as intense.
longer
Make it cheaper, offer more convenient times
make levels
Make sure everyone in the group is at the same tennis level and fitness level.
More class times to choose from.
More classes offered per week.
More days available
More organization. It was difficult when too many people showed up. Courts should be reserved for Cardio Tennis.
More people in the class.
moving during the off hitting time more.
Music not as loud
Need to have more locations
none at the moment
not enough game
Nothing
nothing
nothing
nothing
nothing
Nothing

Nothing I can think of
nothing right now
Nothing.
Nothing. Instructor is great. Workout is great.
Nothing. I plan to participate in at least two cardio sessions each week after the Holidays.
Offer it more times per week.
perhaps a larger class-maybe 6
Pick up the pace - slightly smaller groups and more days.
Prolonged breaks to pick up balls, more structured strategy on drills.
Reduce class size to increase overall playing/activity time.
Seperate new beginning tennis players from players who play a little or a lot more regularly.
smaller range of skill level in a class, players of more similar level
structured warm-up prior to begining
the class I attended had 6 people in the class- small but I think you get a better workout than if there were more people in the class. You certainly don't wait for your turn to come around again- by the time you turn around you're up again. I personally I
The heart monitors are annoying. If you work out regularly-you know when you need to slow down. The monitor should be optional for beginners, people with heart problems or people who don't do other cardio activities regularly.
The instructor was just "winging it", as I do not believe he was truly adhering to what you consider the cardio-tennis workout. But it still was great!
The pain that I feel from my body afterwards! Nothing about the program
the price, it is too expensive. aerobic classes are free at the clubs, so this is like an aerobics class, it is a bit pricey
Turn down volume of music slightly
when the class is changing, there needs too be a walkway so i do not have to wait for the next courts that is being used to stop play.

**Participants: What is the most positive part of Cardio Tennis?**

A good, FUN, workout
a GREAT cardio workout, new friends,fun
A great hour of work out while having a lot of fun.
A great work out and fun
amount of cardio exercise and the tennis drills!
An encouraging coach
As long as it keeps moving, music playing, and the folks I am with on the court can hit the ball I love it.
Being on the court and getting a good work out
being outdoors with others, meeting new people everyweek, working out with your freinds
Certain targeted drills improved parts of tennis game, i.e., approach shots improved.

Combining something i love to do (play tennis)with something I know I should do more of (exercise)
Constant movement and activity
constant movement with focused drills - keeping the heart rate up and allowing a great workout while improving your stamina for real play.
Drills
Enjoyable exercise while improving my tennis shots.
Excellent cardio workout while being able to play tennis and even improve aspects of my play.
Excellent workout and good fun.
Friendly, keep me active and in shape, meet people
fun
Fun and different way to get your cardio in.
Fun and good exercise.
Fun way to exercise. Chance to play tennis without having to find a game.
Fun way to get a workout.
Fun, exercise and work on tennis skills all in one hour!
fun,enjoyed the music and exercise.
Getting the cardio benefit while playing a sport I love.
Good cardio exercise, chance to hit a lot of balls & work on technique
Good change of pace from regular tennis clinics and league play
Good exercise and improving tennis skills
Great exercise and great fun
great interesting workout doing something I like to do, play tennis
great workout
Great workout, great teacher, improved my overall game
Helps my footwork for tennis games, feels like you have been working out for more than one hour.
I enjoy the constant movement while doing the drills. Depending on the instructor, I do get a good work out at the end of the session. These drills also helps you improve on your strokes.
I got a fantastic workout and I practiced a lot of my strokes-the drills were great.
I got to meet new people that I can play with outside of the program. Most sessions were a lot of fun.
I have not attended a Cardio Tennis session yet but plan to in the new year
i like working on my tennis skills while getting a cardio workout
I needed to get back into shape and in 9 weeks it did the job
It absolutely improves my footwork
It fun to play with a lot of people I have never met before
It is fast-paced and something DIFFERENT! I need something different!
It is held outside and not inside a gym. Also it is a very good work out combined with group games which is fun.
It provided variety in my exercise program.

It was a good workout- the trainer was great at giving advice to improve your workout.
It was alot of fun, great workout!
It was an awesome work out, it was fun and didn't feel like it was a 'work out'!
It was so much fun and yet the best workout we could get.
It's a great workout that is fun to do
It's a very fun workout.
It's fun and a great workout.
meeting new people. Want more CO-ED programs.
movement
Opportunity: to hit a lot of balls, get a lot of exercise, meet new people.
stroke work combined with cardio
Such a great workout and a great way to practice all the basics of tennis. Can't beat the amount of nonstop hitting opportunities.
the calories I burned
The constant workout
the enthusiasm of the instructor
the fun and to see my students enjoy the workout and compliments that I got from it.
The great workout that it provides. Keeping my mind off the pain because I was concentrating on hitting the ball.
the instructor sophie and how much fun the exercise is compared to how intense of a workout you are getting
The instructor was outstanding...Kept us motivated, moving and fun!
The most benefit part of it was the fitness.
The prospect or hope about what it could be (but wasn't)
The tennis pro gave me a very good workout. the drills were very easy. There was never any down time.
the workout
The workout and the drills
working on strokes while getting a great workout in.
While there was no emphasis on "skill", it was good to try and focus on stroke-skill and foot work while getting my heart-rate up and keeping it up. It not only was a fantastic cardiovascular workout, I feel it truly helped my tennis game!