



Cardio Tennis Success Stories



June Woodward
Chicago, Illinois

Lost 103 pounds through CT

"I started off doing Cardio Tennis when I was overweight and it inspired me to want to get quicker on the court," said Woodward. "I like the program because you can do the tennis that you like but it's also a really fun workout. I am now much faster and I feel much better doing it."



Christine Schueller
Dana Point, California

Lost 50 Pounds through CT

Became USPTA Certified so she could teach Cardio Tennis. "For the first time in my life I feel like an athlete. I am amazingly quick on the court and often have opponents saying 'I can't believe you got to that ball!'"



Mike Woody
Midland, Michigan

Lost 50 Pounds through CT

Has burned 881,235 calories over the last three years in CT classes. "My players have been extremely amazed at all the great health and game benefits Cardio Tennis delivers," says Woody. "I have witnessed in this short journey how people's lives can be transformed when they are freed from the confines of a fitness gym or club."



Mike Fowler

Los Angeles, California
Lost 60 pounds through CT and put himself out of the high-risk category for developing diabetes.

"After hearing this list of 'horribles' that go with being overweight, I decided I better get serious about getting in shape," says Fowler. "Cardio Tennis sounded interesting and to me that was much better than going to the gym and trudging along on the treadmill."



Lisa Burke and Cari Lackner
Pittsburgh, Pennsylvania

Moms and close friends who are in the best shapes of their lives thanks to CT.

"A piece of equipment in a gym can't personally motivate you," says Burke, a former swimmer at Penn State. "A good instructor in Cardio Tennis can individualize and push it for each of those members in the group and there is so much more mental focus than just getting on a treadmill. You have to be on top of things to get to the feeds. I just love it."



Jim Bell

Overland Park, KS

Lost 90 pounds through CT.

"Cardio Tennis is like playing with a dog. The dog doesn't realize he's getting a workout and he will just keep chasing the ball if you keep throwing it," says Bell. "It's like that with Cardio Tennis. I don't even realize I'm getting a workout and as long as the pro keeps going, so will I. The hour flies by and it's so much fun."