

CARDIO TENNIS™

Try for FREE!

Get Fit, Have Fun!

During the month of June your first Cardio Tennis class is **FREE.***

Cardio Tennis is an exhilarating cardiovascular workout that includes warm-up, cardio workout and cool down segments. It's a new, fun group activity featuring drills and games to give **players of all abilities** the ultimate, high-energy workout.

“ Cardio Tennis is a great workout. Try this new, fun way to get in shape while improving your tennis skills. ”

Denise Austin

