

# CARDIO TENNIS™

HEART PUMPING FITNESS

**\$15**  
Non-members \$25

A great way to meet new players!

**TUESDAYS 11:30am-12:30pm**  
**WEDNESDAYS 7:30-8:30pm**

Cardio Tennis is a **new and exciting** group activity featuring **drills** to give players of all abilities an **intense, high energy workout.**

Each Cardio Tennis session will include three phases:

1. warm-up
2. cardio workout
3. cool down

If you are looking for an **innovative and fun** way to **get in shape and burn calories,** you've got to try Cardio Tennis!



**OPEN TO PLAYERS OF ALL LEVELS!**  
**CLASSES WILL NOT BE CANCELLED DUE TO LOW ATTENDANCE!**

Sign up weekly!

TO SIGN UP OR FOR ADDITIONAL INFORMATION  
508.947.8088 · lakevilletennis@comcast.net

