



Fitness Members **CARDIO TENNIS**

If you are a **"Fitness Member"** and would like to get out on the tennis courts for a great workout, this FREE* class might be for you!

Cardio tennis is a high energy fitness activity that combines the sport of tennis with cardiovascular exercise.

- BENEFITS**
- It is a fun, social group activity that players of all abilities can enjoy together
 - Burns LOTS OF CALORIES
 - Provides an interval training scenario, which is the most effective way to achieve heart health and fitness

WHEN: Every Saturday (starting October 8) @ 10 AM

WHERE: Inquire at Front Desk

WHO: Fitness Members and their guests

COST: FREE*

**Introductory Offer (October Only)*