

Cardio Tennis



The fun way to burn calories

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate high energy workout

If you are looking for a great new way to get in shape and to burn calories as well as improving your tennis, then try Cardio tennis

**Every Thursday morning indoors
from 11-00 to 12-30pm**

Starting in Jan 2012 new weekend course

**Saturdays from 9-00 to 10am
indoors – weekly from 21st Jan**

Cost:

Thursday £8-00 members – £10-00 non members for 1 ½ hours

Saturday £5-50 members – £7-50 non members for 1 hour

Book in advance at reception