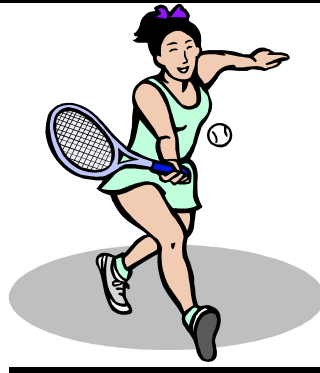


CARDIO TENNIS



Monday 11am –12 Noon

Friday 11am-Noon

Saturday 7:30am-8:30am

Only \$10 per session!

Sign up at the front desk.

Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun, group activity featuring drills to give players of all abilities an ultimate high energy workout. Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories ... try Cardio Tennis! For more information contact Lorie at 508-358-7355, ext 218.

For Fitness and Tennis member both!