

WANT A GREAT WORKOUT?



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TRY CARDIO TENNIS...

A new, fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Includes a warm-up, cardio workout, and cool-down phases resulting in "*Heart Pumping Fitness!*"



Get in shape and burn calories – Fun, Fast, and Fit!
Cardio Tennis can help you stay fit for life!



FREE CLASSES!

Tuesdays 11:30 a.m.
Wednesdays 7:30 p.m.
Thursdays 9:30 a.m.
Racquets and balls provided.
Sign up at front desk today!

It's the NEW fitness game in town!!