

# CARDIO TENNIS™

## Get Fit, Have Fun!

Looking for a new fitness activity?

Cardio Tennis is an exhilarating cardiovascular workout that includes warm-up, cardio workout and cool down segments. It's a new, fun group activity featuring drills and games to give players of all abilities the ultimate, high-energy workout.

Just listen to Dr. Gordon Blackburn from the Cleveland Clinic is saying.

“ Cardio Tennis is a great idea. We are excited about what Cardio Tennis is doing to get America energized, fit and healthy. ”

“ Cardio Tennis is a great workout. I love the experience. You have fun, get in shape and my game improved too. ”

Denise Austin

Get Fit!



Have Fun!



Improve Your Game!



Learn more ... Find a site in your area ...

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