

CARDIO TENNIS™

Get Fit, Have Fun!

Bored with the same fitness routine?
ENERGIZE IT

with the newest fitness game in town — Cardio Tennis!

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 what Dr. Gordon Blackburn from the Cleveland Clinic is saying about Cardio Tennis.

“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 improve your tennis skills.”

Denise Austin



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