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Volley Away With Cardio Tennis

Looking to try something new or mix up your tennis game? Give Cardio Tennis a try. A fun group activity that combines tennis with a high-energy cardiovascular workout, Cardio Tennis is similar to interval training—short cycles of high-intensity activity are interspersed with periods of rest to get your heart rate going. You don't have to play tennis to participate in this latest fitness craze because it's designed for anyone looking for a fresh, new workout concept, but avid tennis players will appreciate the boost it delivers to their game since the sport incorporates drills that have you hitting so many forehands, backhands and volleys that your game is bound to improve. For more, visit www.cardiotennis.com.