

# CARDIO TENNIS™

## Get Fit, Have Fun!

**Take your game to a new fitness level** 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.

“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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