

CARDIO TENNIS™

Energize Your Game

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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