

# CARDIO TENNIS™



Get Fit!



Improve Your Game!



Have Fun!

## Energize your game

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 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 my game improved too. ”

**Denise Austin**



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