

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.

“ Cardio Tennis is a great workout. I love the experience. You have fun, get in shape and improve your tennis skills. ”

Denise Austin



Learn more ... Find a site in your area ...
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