

# Cardio Tennis

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes warm-up, cardio workout, and cool down phases. For more info contact Robin at 271-6222

- Dates and Times:
- Monday Nights
  - 7:15pm
- Saturday Mornings:
  - 9:00am
- Place: Aviary
- Cost: \$15 per person, per class.
- If space is available you may drop-in fo a class for \$20.