



**STARTING**  
**7.30<sup>PM</sup> TUES 17<sup>TH</sup> APRIL**  
**AT WINCANTON TENNIS CLUB**

### **WHAT IS CARDIO TENNIS?**

**CARDIO TENNIS IS A MUSIC BASED, NEW, FUN, GROUP ACTIVITY,  
FOR **ABSOLUTE BEGINNERS TO ADVANCED PLAYERS.****

**FEATURES TENNIS DRILLS, TO GIVE PLAYERS OF ALL ABILITIES,  
AN ULTIMATE, HIGH-ENERGY WORKOUT.**

***IF YOU ARE LOOKING FOR A GREAT, NEW WAY TO GET IN SHAPE  
AND TO BURN CALORIES, YOU MUST TRY CARDIO TENNIS!!***

Loads more fun, than just working out in the gym.  
Burns more calories than, regular interval training.  
Meet loads of new people in this great group activity.  
Train/workout, at your own pace.  
The focus is Fitness First, Tennis Second  
Players of ALL abilities, enjoying tennis together.  
You get an amazing, heart pumping, cardio work out.  
Try to reach your aerobic training zone.  
Hitting so many balls will naturally improve your Tennis.

**Come along & try it out for  
ONLY £4.00 per session**

**Contact Jon Rolnik On 07918 617 950  
or email [jonrolnik@tennistuff.co.uk](mailto:jonrolnik@tennistuff.co.uk) to register**

