

# WANT A GREAT WORKOUT?



© Jeff Davies – www.prophs.info

## TRY CARDIO TENNIS...

*It's the **NEW** fitness game in town!*

**A new, fun, group activity** featuring drills to give players of all abilities an ultimate, high-energy workout. Includes a warm-up, cardio workout, and cool-down phases resulting in **"Heart Pumping Fitness!"**



Get in shape and burn calories – Fun, Fast, and Fit!  
***Cardio Tennis can help you stay fit for life!***



Try for **FREE**

**Adults all abilities and Ages  
28<sup>th</sup> APRIL 7.30 to 8.30**

**And**

**Juniors all ages & abilities  
14<sup>th</sup> May 11.00 to 12.00**

**SIGN UP FOR CARDIO TENNIS TODAY!  
Call Colin on 07961 164080**