



WHAT IS CARDIO TENNIS ?

Cardio Tennis is a new, fun group activity featuring drills to give players (men & ladies) of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

Starting - **Monday May31st – 10am**

Places are limited.

Pay by the week – Not the term (€8)

To book your place contact: Mark 087-9852247

