



GET FIT TO HIT



JOIN US FOR CARDIO TENNIS

Cardio is a fast moving, heart pumping, calorie burning, high energy, full body workout that can help you burn between 300 - 1000 calories in one class. Cardio Tennis is an AMAZING way to workout, socialize and enjoy tennis with your friends.

CLASSES

The program is a 5 week session and requires advance registration with a maximum of 12 players per class (minimum of 6), beginning **Wednesday, October 28, 2015**.

Class day and time: Wednesdays & Fridays @ 6:30pm – 7:30pm

Cost: \$15 per class

Don't miss out on this new and exciting program! Call our front desk at 770-306-4742 or visit us at southfultontennis.com (under the News link) for registration.