

Cardio Tennis

Cardio Tennis is a group fitness program using tennis drills and games with constant footwork (cardio blasts) for a great 60 min workout! We use the orange, cardio balls to equalize playing ability and enhance workouts. No prior tennis knowledge required. Come have so much fun, you will forget you are working out!



Tuesdays

Feb 19 - March 19

7:00-8:00 PM

City Pond

Cost: \$50 Drop-In Rate: \$15

To Register Call, Text Or Email

Gwen Blount: 404-790-1053

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