

JUST IN TIME

For your New Year's Resolution!



CARDIO TENNIS
Get Fit, Have Fun!

Take your game to a new fitness level
with the newest fitness game in town — Cardio Tennis!

Cardio Tennis is an exhilarating cardiovascular workout that includes warm-up, cardio workout and cool down segments. It's a new, fun group activity featuring drills and games to give **players of all abilities** the ultimate, high-energy workout.

“ Cardio Tennis is a great workout. I love the experience. You have fun, get in shape and improve your tennis skills. ”
Denise Austin

To learn more...visit www.cardiotennis.com

Get Moving!

If getting in shape is one of your New Year's resolutions, you might consider something more interesting than a treadmill or jogging — Cardio Tennis. Cardio Tennis is cardiovascular training specific to tennis. It is more about getting you moving and being active...less on hitting great forehands and backhands. And

best of all, the tennis drills are performed to great music. Classes include a warm-up, drills, and cool-down. All classes taught by *USPTR* certified tennis professional, Motez Robinson.

When: Monday, Wednesday, & Friday nights

Where: St. Petersburg Tennis Center, Barlett Park

Cost: \$10 per person, 1 hour class

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