

# WANT A GREAT WORKOUT?



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**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!*



**HEART PUMPING FITNESS STARTS AT  
LEGEND OAKS GOLF AND TENNIS CLUB**

**TUESDAYS 6-7PM**

**FRIDAYS 9-10AM**

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