



BRAND NEW ADULT CARDIO TENNIS CLASSES!



**Classes begin on Thursday 5th March 9:30-10:30 at
Wittle Tennis Club and your first class is completely
free!**

Here is what you can expect at the sessions -

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout requires no tennis ability and anybody is welcome!

Great music, great cardio and great people. You'll get to hit lots of tennis balls during your class, build up your skills and work up a sweat.

You might be wondering, "is tennis good exercise?" - the short answer is yes! Tennis offers a great workout from a cardio fitness perspective as well as working out muscles across your body, from your core to your glutes.



To book in for a session, please scan the QR code and use the discount code – FreeCardio26