



CARDIO TENNIS®

ACTIIVITY	DAY/DATES	TIME	COST	QUERIES/ BOOKINGS CONTACT
CARDIO TENNIS CLASS: Coach: Anne-Marie Darcy	TUESDAY: 27 th of March, 3 rd , 10 th & 17 th of April	7.15-8.15pm	30 Euro for Four Classes	Anne-Marie 087-9634583

Cardio Tennis is a high energy fitness, fun, sociable, group class, featuring tennis drills to give players of all levels/abilities an ultimate, full body work out. A typical class includes a warm up, cardio work out, core work out and warm down. The class will contain dynamic movements, core exercises, foot work drills, tossing & catching, hitting drills and fun tennis games. If you want to find a healthy way to get fit and burn calories, you should try out Cardio Tennis. Suitable for both men and women of all grades/abilities.