



Venue: Avondale Tennis Club

Dates: Wednesday 20 April – 29 June
(excluding 1 June)

Time: 9.15-10.15am

Cost: Pay & Play: £6.00 Members
£7.00 Non-Members

GET FIT, HAVE FUN

*Cardio Tennis is an excellent way to get into a more active lifestyle,
meet new people, AND improve your TENNIS!*

What is a typical class like?

Your trained Cardio Tennis instructor will lead you through a 60 minute class consisting of a short warm up and cool down either side of a 40 minute full body workout.

Warm up - Some dynamic stretching, skills and drills to get your body warm and mind sharp before the workout begins

Aerobic section - Here's your chance to hit loads of shots, including forehands, backhands, serves and volleys, all mixed with a variety of fitness activities

Tennis section - Put your shots into practice with fun tennis games. You'll never play one-on-one; your team mates will be with you all the way

Cool down - Well done, you made it! Now it's time to recover and stretch

BURN MORE CALORIES!

What else do I need to know?

What do I need to bring? - Bring along your own racket if you have one. Wear comfortable gym kit and trainers. You'll be working up a sweat, so don't forget to bring a water bottle too!

Do I need to be good at tennis? - No! Cardio Tennis is for anyone who wants to get fit and have a go at tennis. The class moves along quickly, so no one will be judging your skills, and it doesn't matter whether the ball goes in or out.

Do I need to be fit? - No! Cardio Tennis is for anyone who wants to have fun getting fit.

Do I have to be a member of Avondale? - Non members are welcome to attend.