

Cardio Tennis

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes warm-up, cardio workout, and cool down phases. For more info contact Robin at 271-6222.

- Dates and Times:
- Monday Nights
 - 7:15pm–8:30pm
- Saturday Mornings:
 - 9:00am–10:15am
- Place: Aviary
- Cost: \$15 per person, per class.
- If space is available you may drop-in fo a class for \$20.