

# *extreme tennis*



## CARDIO TENNIS FOR TEENS

**Cardio Tennis is a tennis workout program catering to all fitness levels. Bringing together a variety of cardio workouts, a range of fun tennis drills. The program is focused on leading a healthy, fun and active lifestyle.**

**LAUNCHING TERM 1 / 2021!**

It is not tennis coaching. It is a workout on the tennis court to music with fun, fitness based drills and activities for all players and standards.

- **Group sessions**
- **8 week block**
- **Emphasis is on drilling and having a fitness work out!**
- **Exercise with your friends or meet new ones.**
- **Cardio has no coaching element, you hit lots of balls!**
- **45 min session**
- **Suitable for junior competition players/standard**

**MONDAYS @ FERNY CREEK TC 5.45-6.30pm**  
**SPECIAL INTRODUCTORY PRICE \$10.00 per session**

**Ring Stuart on 0412 106 416 or email**  
**[contactus@extremetennis.com.au](mailto:contactus@extremetennis.com.au) to secure your spot!**