



# SORELL TENNIS CLUB

## CARDIO TENNIS 2020

### *Frequently Asked Questions*



**What is Cardio Tennis?** Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout and caters for all fitness levels. Cardio Tennis includes a warm-up, cardio workout, and cool down phases. The program is focused on leading a healthy, fun and active lifestyle. Mentally and physically you will become stronger and grow more confident in your tennis playing.

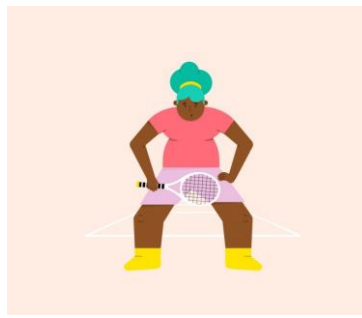
**What are the major benefits of Cardio Tennis?** Participants elevate their heart rates into their aerobic training zone. You get short cycles of high intensity workout and periods of rest, almost like interval training. It is a fun, group activity where players of all abilities and fitness levels can enjoy tennis together.

**What happens in Cardio Tennis?** Taught by a Certified Tennis Professional, a typical Cardio Tennis program includes a short dynamic warm-up, a cardio workout, and a cool down phase. The majority of the Cardio Tennis program is the "workout" phase, which should last 30-50 minutes. Most of this portion will include fast-paced drills where the professional feeds balls to players based on their ability and fitness level.

**How long does a Cardio Tennis Session run for?** Each session runs for 45 to 60 minutes depending on the session and is suitable for everyone. Whether you are just starting, or have been playing tennis for years, you will find the right Cardio Tennis session to suit.

**What types of drills are in a Cardio Tennis class?** There are 3 segments: warm up, cardio workout and the cool down segments. Each one has drills specifically designed to be fun, challenging and to get you moving. You will hit forehands, backhands, volleys, etc. But remember, Cardio Tennis is not about making you a great player. First and foremost, Cardio Tennis is a great workout. You run, you hit balls, you jump, you recover, and you have fun. Cardio Tennis is a full body workout.

**Why is Cardio Tennis better than other forms of exercise?** While other activities will give you a great workout, Cardio Tennis challenges you in so many ways. Running, moving sideways, stretching, etc. Your heart rate will also go through high intensity segments followed by a short period of recovery. This is very similar to interval training. One of the major benefits is that you will have a much more social experience. Players in Cardio Tennis socialize and have fun! You are not drearily confined to a boring machine like you are in many other fitness activities.



**Do I have to be a member of Sorell Tennis Club?** No. Cardio Tennis at Sorell Tennis Club is open to member and non-members alike. Of course, if you are a member you get the cost halved for each session. But at Sorell Tennis Club we like to welcome everyone.

**Is Cardio Tennis good for beginners?** Cardio Tennis is an excellent way for beginners to get into the game and have a fun workout - all at the same time. Because an integral part of the Cardio Tennis program includes using Cardio Balls (red and orange tennis balls that are lower compression), true beginners can begin to play immediately and even be on the same court with players of more advanced ability levels.

**Can I bring my kids along?** Yes, Cardio Tennis is open to people of all ages and abilities. You can make it a whole family workout.

**Do I need equipment?** No. Just bring along yourself in some activewear and sandshoes, a towel and a water bottle. The rest will be provided. If you do have a tennis racquet you are more than welcome to bring that along. But for those who don't, we have plenty at the Club.

**BOOK YOUR SESSION TODAY.**

Head to the Sorell Tennis Club's website, <https://play.tennis.com.au/sorelltennisclub>, to book in to one or all of the sessions available.