



cardiotennis.com.au

Ready?
Play.

It'll be the
high-energy
highlight of
your week.



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Ready?
Play.

Forget doubles –
this triples your
fitness fun.



Register Now

FREE trial

FREE T-shirt

Cardio Tennis is a new, social, group tennis- fitness program for people of all ages and abilities. It's less about technique and more about getting a great, high-energy workout.

The 60 minute session format of Cardio Tennis is also ideal for everyone who likes the idea of playing tennis but finds it hard to commit to being involved in a regular competition.

Participants wear heart rate monitors, exercise to music, use low compression balls and a variety of equipment, including agility ladders.

Research has shown that during a Cardio Tennis session, women can burn around 300 to 500 calories per hour and men can burn between 500 to 1000 calories per hour.

Register at cardiotennis.com.au

For further information contact Craig Mousley
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