



HEART PUMPING TENNIS

Cardio Tennis is a fun, group fitness activity for all ability levels.

It's a fast-moving session with music and an exciting alternative to the gym!

HEALTH BENEFITS:

- Lowers resting heart rate
- Decreases body fat
- Helps to reduce stress
- Emotional health improves
- Improves self-confidence



ALL LEVELS WELCOME
MONDAYS at 9:30-10:30 AM
STARTING April 18, 2019

Cost for 6 Week Session:

Members:	\$72
Non-members:	\$90
Drop-in Rate:	\$15

TO REGISTER, CALL OR COME BY THE TRUSSVILLE RAQUET CLUB
(205) 661-0861

