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