

LOVE TENNIS & WANT TO KEEP FIT?

So do we!



Cardio Tennis is a great new initiative, which combines all the fun aspects of the game of tennis along with a great cardiovascular workout. It is estimated workout for a 1 hour session would see men burning between 500-1000 calories and women burning between 300-500 calories.

COME ALONG AND TRY FOR YOURSELF
1st Session FREE!

CHARNWOOD

6.00 - 7.00pm. Tuesday 24th May or Tuesday 31st May
Contact Chris Mears on 07912 600459

ROTHLEY

7.30 - 8.30 Monday 23rd May or
1.00 - 2.00pm Wednesday 8th June
Contact Tim Stanton on 07929 335246

LEICESTER FOREST EAST

9.30 - 10.30am Monday 6th June
7.30 - 8.30pm Tuesday 7th June
12.30 - 1.30pm Wednesday 8th June
Contact Tom Kisiel on 07834 787726