



Cardio Tennis is a great way to get fit, practice your tennis and you don't even need to of played before. Cardio tennis is a mix of fun tennis drills, exciting new exercises and games that will make you heart race. You don't need any tennis experience to come and try.

COME ALONG AND TRY FREE OF CHARGE TO THE FOLLOWING SESSIONS

1 - 2pm: 7 - 11 Year old

2 - 3pm: 12 - 18 Year old

on

Friday 17th February

at

**Charnwood Tennis Club, Nanpanton Sports Ground,
Loughborough**

For further details please contact

Toby Yates on

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