

JUST N₂ TENNIS ~ADULT CARDIO!

SO MUCH MORE FUN THAN THE GYM!

- ✓ **We make working out FUN!**
- ✓ **Meet new people!**
- ✓ **No tennis experience needed**
- ✓ **For all ages and all standards**
- ✓ **Get fit in a safe, fresh-air environment**
- ✓ **Join any time**
- ✓ **Only \$20 per 60 minute class**
- ✓ **Burn 600+ calories per class!**



Cardio Tennis is a tennis workout program catering to all fitness levels.

Bringing together a variety of cardio workouts and a range of fun tennis drills, all to a high-energy soundtrack.

The program is focussed on leading a healthy, fun and active lifestyle.

SOUTHBANK TENNIS CLUB
34 HESSING CRESCENT,
TROTT PARK
TUESDAY'S + FRIDAY'S @ 10AM-11AM

BELLEVUE HEIGHTS TENNIS CLUB
SARGENT PARADE,
BELLEVUE HEIGHTS
THURSDAY'S @ 10AM-11AM

SCAMMELL RESERVE
FISHER STREET, MYRTLE BANK
WEDNESDAY'S @ 10AM-11AM



JUST N₂ TENNIS

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JUSTIN TREDWELL

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