



Why **everyone** should try Cardio Tennis....

- Better than a **boring** workout in the gym.
- Because it's **Fun** ! If you like laughing, you will love Cardio Tennis.
- Improve your tennis game by hitting **10 times** more balls than in normal clinics.
- Improve your **footwork, balance, speed & endurance.**
- Burn **3 times more calories** vs. playing 2 hours of doubles.
- Drills & games for **all levels** of players & even “macho men”.

Tennis at [Treaty Park](#), call (904) 471-2463, or email, tennis4all@comcast.net