

CARDIO **TENNIS**®

HEART PUMPING FITNESS

BOUNCE TO THE BEAT

Cardio tennis is a high energy fitness class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate full body calorie burning aerobic workout.

Join us for Cardio Tennis

1. Burn up to 700 calories an hour
2. No tennis experience necessary
3. Racquet provided if needed

Thursdays & Saturdays

9:30am-10:30am

Sunday

9:00am-10:00am



For More Information contact: Tobias Clemens:
781-682-5861/ tclemens@weymouthclub.com



**WEYMOUTH
CLUB**