

CARDIO TENNIS

at Western Racquet & Fitness Club



Mondays | 8:00-9:00am
with Josh

Fridays | 10:30-11:30am
with Aidan

No sign up required
\$18/class

All levels welcome!

Cardio Tennis is a great way for players to enjoy the game. In about an hour, you can get an amazing workout, socialize, and enjoy tennis - all at once.



WESTERN
RACQUET & FITNESS CLUB