

CARDIO **TENNIS**™

HEART PUMPING FITNESS

© BEVERLY GARLAND TENNIS CENTER

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



5-10
MIN

Warm Up

30-40
MIN

Cardio Tennis Segment

with drill and play-based activities

5-10
MIN

Cool Down

Cardio Tennis **9-10AM**
THURSDAYS

**THE BEVERLY GARLAND
TENNIS CENTER
4222 VINELAND AVE
NORTH HOLLYWOOD CA
91602**



FOR MORE INFORMATION PLEASE CONTACT JOHN HILTON

JOHNHILTON@ARCADIATENNIS.COM | 818.281.3970