

CARDIO **TENNIS**™

HEART PUMPING FITNESS

- Get your heart rate into your cardio zone
- Burn more calories
- Full body workout
- Courts arranged by fitness level, something for everyone



Starting Saturday, March 12th

9:00 am —10:00 am

Members \$13

Non Members \$15

Pre-registration required

Contact Pro Shop

386-671-8901

okarskikristen@codb.us

- Fun group activities
- Taught by teaching pros
- Non stop action
- All skill levels welcome



FUN, FITNESS, FRIENDS
FAST PACED HIGH ENERGY WORKOUT