

Cardio Tennis Comes To Westside:

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels taught by a tennis teaching professional. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced high level tennis player it is the best way to train for tennis

The typical Cardio Tennis program is 60 minutes and includes:

- 5-10 minute warm-up segment
- 40-50 minute Cardio segment
- 5-10 minute cool down segment

GET FIT,  HAVE FUN

Benefits of Cardio Tennis

- Participants consistently elevate their heart rates into their aerobic training zone
- Participants can burn more calories than singles or doubles tennis
- Cardio Tennis is similar to interval training which is periods of high intensity followed by short periods of rest.
- Interval training is the best way to train for optimal health and fitness
- While participants are playing tennis, their focus is primarily on getting a great workout
- Improve your tennis skills

Get yourself fit for summer tennis by coming to

CARDIO TENNIS.

**Starting on Tuesday 24th January at 7.30pm
and every Tuesday evening until May 22th**

**Alison Taylor and the Westside Coaching Department
will be running CARDIO TENNIS.**

**Please call the office to book a spot as we can only take 16.
A small charge of £2 is required.**

WESTSIDE TEAM
W I M B L E D O N