



**The Clarkston Bowling  
& Tennis Club**



# Cardio Tennis

## fitness classes open to everyone

**Wednesday 6.30-7.30pm**

**Thursday 6.30-7.30pm**

**Friday 1.30-2.30pm**

**£5.00 per class**

- You consistently elevate your heart rate into your **aerobic training zone**
- It is much **more fun** than working out on a machine
- You get short cycles of high intensity workouts and periods of rest, almost like interval training, which **burns more calories**
- It is a fun group activity where players of all abilities **enjoy tennis together**
- Even though you are playing tennis, the focus is primarily on getting a great workout
- You naturally **improve your game** because you hit so many balls and repeat various shots
- Cardio Tennis is a really fun activity for everybody – young, old, men and women. In an hour's session of Cardio the average person could burn 700 calories, compared to 350 if you're playing doubles and 500 if you're playing singles, so it's a great way to lose weight and get fit.

PLEASE LET ME KNOW WHAT CLASS YOU WOULD LIKE TO ATTEND AND  
IF THERE ARE OTHER TIMES YOU WOULD LIKE ME TO RUN CLASSES

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