

**HEART PUMPING FITNESS**



**CARDIOTENNIS.COM**

**CARDIO TENNIS  
BY MDL COACHING**



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## **Cardio Tennis is High Intensity, Heart Pounding Fun!**

Cardio Tennis is a fun group activity, featuring heart pumping tennis drills and games that give players of all abilities the ultimate, high-energy workout.

### **WHEN & WHERE CAN I JOIN IN & HOW MUCH IS IT?**

<b>VENUE</b>	<b>DAY</b>	<b>TIME</b>
South Croydon Sports Club, Beech Copse	<b>Monday</b>	<b>7.30pm – 8.30pm</b>
Purley Bury LTC, Purley Bury Avenue	<b>Tuesday</b>	<b>11.30am – 12.30pm</b>
The Downs LTC, Holland Avenue	<b>Tuesday</b>	<b>7pm – 8pm</b>
Cheam Fields Club, Devon Road	<b>TBC</b>	<b>Daytime</b>

*These sessions are for adults and teenagers aged 16yrs and older*

**Members: £5   Parents of junior Members £6   Non Members: £7**

Players are to pay on arrival of the session you wish to attend. Booking is essential and will be on a first come first served basis. Players should phone or email in advance of each session. We will email confirmation each week.

We need a minimum of 6 participants to run a **CARDIO SESSION!**

**The above sessions start week beginning 9<sup>th</sup> May and  
we are taking bookings now for week 1.**