



CARDIO TENNIS

FOR ADULTS

£5 taster session (with an option to continue)

WHAT IS CARDIO TENNIS?: Cardio Tennis is a series of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills, but is all about keeping your heart rate up, burning calories and having fun. Whether the ball goes in or out is irrelevant as the main purpose is to get fit!

If you are looking for a great new way to get in shape and to burn calories, why not try Cardio Tennis? There are drills for absolute beginners through to advanced players, all of which provide you with a great cardio work out while improving skill. Cardio Tennis is more fun than working out in a gym or other forms of exercise. **CARDIO SESSIONS** on offer are as follows:

Day	Time	Venue / Address			
Monday	9.30-10.30am	Caterham & Whyteleafe TC	Burntwood Lane	Caterham	CR3 0AX
Monday	10.30-11.30am	Caterham & Whyteleafe TC	Burntwood Lane	Caterham	CR3 0AX
Tuesday	9.30-10.30am	Purley Sports Club	The Ridge	Purley	CR8 3PF
Tuesdays	10.30-11.30am	Purley Sports Club	The Ridge	Purley	CR8 3PF
Wednesday	9.30-10.30am	Purley Sports Club	The Ridge	Purley	CR8 3PF
Wednesday	10.30-11.30am	Purley Sports Club	The Ridge	Purley	CR8 3PF
Thursday	9.30-10.30am	Queens Park	Queens Park Rd	Caterham	CR3 5RB
Thursday	10.30-11.30am	Queens Park	Queens Park Rd	Caterham	CR3 5RB
Friday	9.30-10.30am	Queens Park	Queens Park Rd	Caterham	CR3 5RB
Friday	10.30-11.30am	Queens Park	Queens Park Rd	Caterham	CR3 5RB
Saturday	9.00-10.00am	De Stafford	Burntwood Lane	Caterham	CR3 5YX
Saturday	10.00-11.00am	De Stafford	Burntwood Lane	Caterham	CR3 5YX
Saturday	4.30-5.30pm	Purley Sports Club	The Ridge	Purley	CR8 3PF
Saturday	5.30-6.30pm	Purley Sports Club	The Ridge	Purley	CR8 3PF
Sunday	9.00-10.00am	De Stafford	Burntwood Lane	Caterham	CR3 5YX
Sunday	10.00-11.00am	De Stafford	Burntwood Lane	Caterham	CR3 5YX

Booking: Please email Peter Cooper at pcoopertennis@hotmail.co.uk to book a place on a cardio session(s) alternatively phone 020 8668 6680 or text 07903 970476. Confirmation will be given. Payment will be due on the day. If you have a group of friends (ie 6-8) and you would like to set up your own group at one of the sessions above or alternatively at a different time/venue please let me know by contacting me on one of the contact details above.