



## Cardio Tennis

This is a new, fun, group based activity on a tennis court set to music, featuring drills & routines to give players of all abilities an ultimate, high energy workout. If you are looking for a new way to get in shape and to burn calories then try cardio tennis.

**Every Wednesday 9.30am to 10.30am during term time**

**From October 2011 every Saturday 12pm to 1pm**

**This is a sports workout for men & women, £5 a session**

(for non members an additional £3 guest fee, max 5 visits before needing to join)

For further details call Paul Rock on

07961 282 347 or 0208 449 5560

Or visit our website

[www.vicarsmoorltc.co.uk](http://www.vicarsmoorltc.co.uk)

(includes details on joining and finding us)

Bottom of Sherbrook Gardens, Winchmore Hill N21 2NU

