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VICARS MOOR LTC

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 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

(includes details on joining and finding us)

Bottom of Sherbrook Gardens, Winchmore Hill N21 2NU

