

CARDIO TENNIS

HIT. MOVE. SWEAT. REPEAT.

THE ULTIMATE TENNIS WORKOUT

Craven County



Recreation and Parks
Department



Burn Calories
Build Endurance



Improve Fitness
and Footwork



Social, Fun, &
Beginner Friendly



No Scoring
Just Non-Stop Action

This fast-paced exercise class is designed for adults 18 & up of all tennis abilities, from beginner to pro. Come enjoy a positive atmosphere with music, movement, and fun! All tennis equipment is provided.

Dates: Mondays, 11/9 - 11/30

Times: 5:30 pm-6:30 pm

Location: Creekside Park,
1821 Old Airport Rd

Fee: \$100

TO REGISTER, PLEASE VISIT
WWW.CRAVENCOUNTY.RECDESK.COM