

CARDIO TENNIS™

Get Fit, Have Fun!

Looking for a new fitness activity?

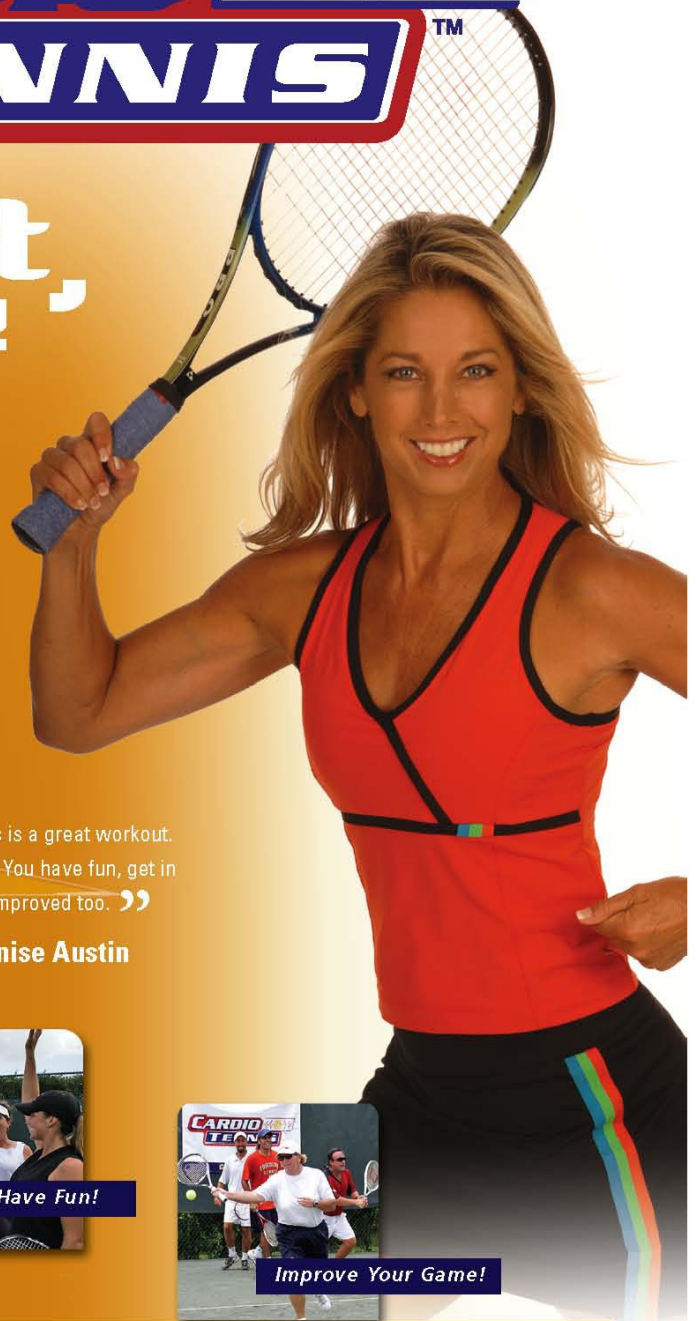
Cardio Tennis is an exhilarating cardiovascular workout that includes warm-up, cardio workout and cool down segments. It's a new, fun group activity featuring drills and games to give players of all abilities the ultimate, high-energy workout.

Just listen to Dr. Gordon Blackburn from the Cleveland Clinic is saying.

“ Cardio Tennis is a great idea. We are excited about what Cardio Tennis is doing to get America energized, fit and healthy. ”

“ Cardio Tennis is a great workout. I love the experience. You have fun, get in shape and my game improved too. ”

Denise Austin



Get Fit!



Have Fun!



Improve Your Game!

Wonderlin Tennis

Located at Boatman's Sombrero Resort, 19 Sombrero Blvd, Marathon
 More information and to reserve your spot: (305) 396-1078
www.wonderlintennis.com

Weekly Schedule

Tuesday	7-8 pm
Wednesday	9-10 am
Thursday	7-8 pm