

Starting September 14

FIT 2 HIT



Cardio Tennis

Tuesday & Thursday: 9:30am - 10:30am

\$15 daily / \$25 weekly

The Fit 2 Hit program includes:

5-10 minute warm-up segment

30-50 minute Cardio segment

5-10 minute cool down segment

Cardio Tennis is first and foremost a fitness program. It is more about getting you in shape moving...and less on hitting great shots.

Instructors

Jennifer: 299.9430/dunbarabston@att.net

Terrence: 270.4229/tmrobinsonjr@comcast.net