

# CARDIO TENNIS is at UTC!

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. It includes warm-up, cardio workout, and cool down phases.

## > BENEFITS OF CARDIO TENNIS

- > Participants consistently elevate their heart rates into the aerobic training zones
- > It is much more fun than working out on a machine or other fitness activities
- > You get short cycles of high intensity workouts and periods of rest, like interval trainings
- > It is fun, group activity where players of all abilities enjoy tennis together
- > While you are playing tennis, the focus is primarily on getting a great workout
- > You naturally improve your game because you hit many balls and repeat various shots

Any Gender and Level

\$ 12 per person



## CARDIO TENNIS

▶ STARTS JUNE 9TH

▶ 8 AM TO 9 AM

Tuesdays and Thursdays

Days

June 9th, June 11th

June 23th, June 25th

July 7th, July 9th

July 21th, July 23th

Questions?

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