

# Cardio Tennis



**Join us at Redland Green Club for Cardio tennis. It's a fun, group activity for anyone playing at any level to burn calories and interact with others**

Sessions will include a mixture of drills and games to a selection of well chosen popular music run by a qualified cardio tennis coach. All ages and abilities welcome

**Wednesdays from 7pm - 8pm**

Members £6 and non-members £8

*Please enquire at reception for further details*

