

# A GREAT NEW WAY TO FITNESS

**NO TENNIS  
SKILLS  
REQUIRED**

clwb tenis

**Llantrisant**  
tennis club



## FIRST SESSION:

Thursday May 19th 6.00pm  
and then every Thursday

ADDITIONAL SESSIONS being arranged. Contact Bridie for availability soon to avoid disappointment. 07525 062663 or [coach@llantrisanttennisclub.co.uk](mailto:coach@llantrisanttennisclub.co.uk)

Cost per session: only £5  
(includes the loan of a heart rate monitor\*)

\* subject to availability



Complete beginners and any standard of player can enjoy the benefits of Cardio Tennis. Bridie puts some members through their paces (above).

Cardio Tennis is a great new and fun way of getting fit or staying in shape. Thousands of people have got in shape thanks to Cardio Tennis so why don't you give it a go?

- You consistently elevate your heart rate into your **aerobic training zone**
- It is much **more fun** than working out on a machine
- You get short cycles of high intensity workouts and periods of rest, almost like interval training, which **burns more calories**
- It is a fun group activity where players of all abilities **enjoy tennis together**
- Even though you are playing tennis, the focus is primarily on getting a great workout
- You naturally **improve your game** because you hit so many balls and repeat various shots