



CARDIO TENNIS

Cardio Tennis is an engaging group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobic and anaerobic workout. Cardio Tennis is a very social activity for all ages, ability and fitness levels.



2.2 Million
Participants in the US

NORTH PARK CARDIO TENNIS

Monday Morning | 9am - 10am

Monday Evening | 5:30pm - 6:30pm.

Session 1: Sept 12 - Oct 7

Session 2: Oct 10 - Nov 4

Session 3: Nov 7 - Nov 18 | Nov 28 - Dec 9

Member: \$60 per session | Non-Member: \$80 per session | Drop In: \$20

NP Cardio Tennis is currently offered on a seasonal basis.

CONTACT US TODAY FOR MORE INFORMATION OR TO SIGN UP!



509-467-5124



info@wellnessco.com



www.wellnessco.com

CENTRAL PARK CARDIO TENNIS

Wednesday | 12pm - 1pm

Friday | 12pm - 1pm

Saturday | 9am - 10am

Member Drop In: \$15 | Non-Member Drop In: \$20

CONTACT US TODAY FOR MORE INFORMATION OR TO SIGN UP!



509-535-3554



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