



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 Afternoon | 1pm - 2pm

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

SESSION 1: JAN 2 - JAN 27

SESSION 2: JAN 30 - FEB 24

SESSION 3: FEB 27 - MAR 24

SESSION 4: MAR 27 - MAR 31 | APR 10 - APR 28

SESSION 5: MAY 1 - MAY 26

NP Cardio Tennis is currently offered on a seasonal basis.

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

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

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509-535-3554



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