



Cardio Tennis

Everyone is welcome! All levels!



Saturdays 9:00-10:00am

Cardio Tennis is a fast-paced program that offers adults the opportunity to enjoy music and live drills in ways they never have before. We supply the racquets, so there is nothing stopping you from trying something new! **Only \$18 per person!**

Sign up required! Must have 4 to hold class. Email megin@nhhr.com

North Haven Health & Racquet | 100 Elm Street | 203.239.5665 | www.NHHR.com