



**NORTH HAVEN
HEALTH & RACQUET**

CARDIO TENNIS

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!

**EVERYONE
IS WELCOME**

All levels!

SIGN UP REQUIRED

Must have 4 to hold class. See
brochure for days/times and email
megin@nhhr.com to confirm class is
running.

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