

CARDIO

TENNIS

GET INTO
YOUR
ZONE



TRAIN FOR TENNIS & BURN CALORIES IN YOUR PROPER HEART RATE AND AEROBIC ZONE

Cardio Tennis is an exhilarating group activity for anyone – at any playing level – looking for a fun way to burn calories and interact with others outside of the gym.

It's a high energy fitness session that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

**FOR MORE INFORMATION
AND TO SIGN UP, PLEASE
CONTACT THE PRO SHOP AT
PROSHOP@ORANGELAWN.COM
OR CALL 973.762.8689.**

 **ORANGE LAWN
TENNIS CLUB**
FOUNDED 1880

305 NORTH RIDGEWOOD ROAD
SOUTH ORANGE, NJ 07079 | 973.762.0928
ORANGELAWN.COM

**MONDAYS,
WEDNESDAYS,
& FRIDAYS
9:00AM – 10:30AM**

**SATURDAYS
& SUNDAYS
7:30AM – 9:00AM**

\$45

PER 1 1/2 HOUR CLASS

**ADVANCED SIGN UP
REQUIRED**