

Cardio Tennis



Train for Tennis & Burn Calories

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.



 **ORANGE LAWN
TENNIS CLUB**
FOUNDED 1880

305 NORTH RIDGEWOOD ROAD
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ORANGELAWN.COM

**Starting
September 16th:**

**Mondays & Wednesdays:
8:30am – 9:30am**

**Saturdays & Sundays:
8:00am – 9:00am**

**1 hour class: \$30
ADVANCED
SIGN UP REQUIRED**

Reserve your spot by calling 973.762.8689 or email proshop@orangelawn.com.