



We Kick off on Monday July 18, 2016. The first session being free!



When it comes to calories, it's simple: burn more calories than you consume and you will lose weight and feel great. In the modern time-poor world, it can be hard to keep fit, let alone find a program that is fun and energising...Cardio Tennis!



Heart rate monitors are an essential part of Cardio Tennis as they not only track your progress during the workout but also enable the coach or fitness trainer to manage the group according to different fitness levels.



Did you know, people work 33 per cent harder and their endurance improves 15 per cent if they train with music? Whether it's Lady Gaga, Starship, Madonna, N'Sync, or Justin Bieber, working out to loud music is the key to having fun and staying motivated in Cardio Tennis.



Are you sick of your boring exercise routine? Forget the treadmill, forget the exercise bike - live in the moment and have fun with your friends working out at Cardio Tennis.

What is Cardio Tennis?



Cardio Tennis is a new high-energy tennis workout that will have you and your friends picking up a racquet. It doesn't matter if you play regularly or have never before, because Cardio Tennis is open to people of all ages, abilities and fitness levels. During a 60-minute workout, women can burn around 300 to 500 calories per hour, and men can burn between 500 to 800 calories.

What are the main benefits of Cardio Tennis?

Cardio Tennis is more about setting a great high-energy tennis workout than pure tennis technique.

Cardio Tennis is a great way to lose weight, get fit.

It is a great 1st step to get back into tennis, ideal for those who start tennis or resume playing tennis after a long break.

These classes will naturally and progressively improve your technical and physical skills

It's social - with a class format that engages more people than just playing conventional tennis.

It's fun and very entertaining! Very dynamic coaching, heart-pumping games and music!

It's energising - you'll feel great afterwards.

It's adaptable - appealing to all abilities/all levels of fitness. You will work within your own heart rate scale, so you get the most out of it.

1-hour session on Monday and Friday at 9.30. Cost \$20 per player

****A free session is available on MONDAY July 18, 2016, but you must register online to be eligible ***

CLICK ON <http://cardiotennis.com.au> and "GET A FREE TRIAL"

Contact us today to find out more about Cardio Tennis or to book in for your next session. Sunshine Coast Regional Tennis Centre, Caloundra 54918487



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Total Commitment to Tennis Excellence

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