



Free Cardio Tennis session at Papakura Tennis Club

The Papakura Tennis Club invites you to attend a FREE Cardio Tennis session this Wednesday 17th February at 6:30pm

Cardio Tennis is a new, social, group tennis- fitness programme for people of all ages and abilities. It's less about technique and more about getting a great, high-energy workout.

"The 45 to 60 minute session format of Cardio Tennis is also ideal for everyone who likes the idea of playing tennis but finds it hard to commit to being involved in a regular competition," said Nic Burnie

Participants wear heart rate monitors, exercise to music, use low compression balls and a variety of equipment, including agility ladders," Nic Burnie added.

Research has shown that during a Cardio Tennis session, women can burn around 300 to 500 calories per hour and men can burn between 500 to 800 calories per hour.

"This high-energy programme will naturally improve your tennis skills, whether you have played before or not, allowing you to progress into playing and enjoying traditional tennis if you wish to," said Nic

With varied exercises and great music, Cardio Tennis is a fun Tennis New Zealand programme for people to experience tennis for the first time or rediscover the sport.

Limited spaces are available for this FREE Cardio Tennis session, to register please call 0210398039 or Nic.burnie@gmail.com