



## **CARDIO TENNIS AT CRANBERRY RESORT**



- Official site approved by the Ontario Tennis Association
- Fun, action packed
- Taught by our Tennis Pro.
- Group tennis activity for new and experienced players
- Features drills and a high energy workout set to upbeat music

\*When: Tuesday 5:00 – 6:00pm  
Family Class (kids free if accompanied by an adult)  
Saturday 1:00 – 2:00pm Adults Only  
(Maximum 10 per class)

Cost: \$ 10.00

Register: Call the Tennis Center Ext.101  
or e-mail: [tennispro@thecranberryresort.com](mailto:tennispro@thecranberryresort.com)

Sessions open to the public...come and try it out!

\*Subject to cancellation if fewer than 4 participants or raining

# CARDIO TENNIS

## What is it?

The Cardio Tennis curriculum is a fun, action packed, program taught by our Tennis Pro.

It's a new, group tennis activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phase. If you are looking for a great way to get in shape and to burn calories, give Cardio Tennis a try.

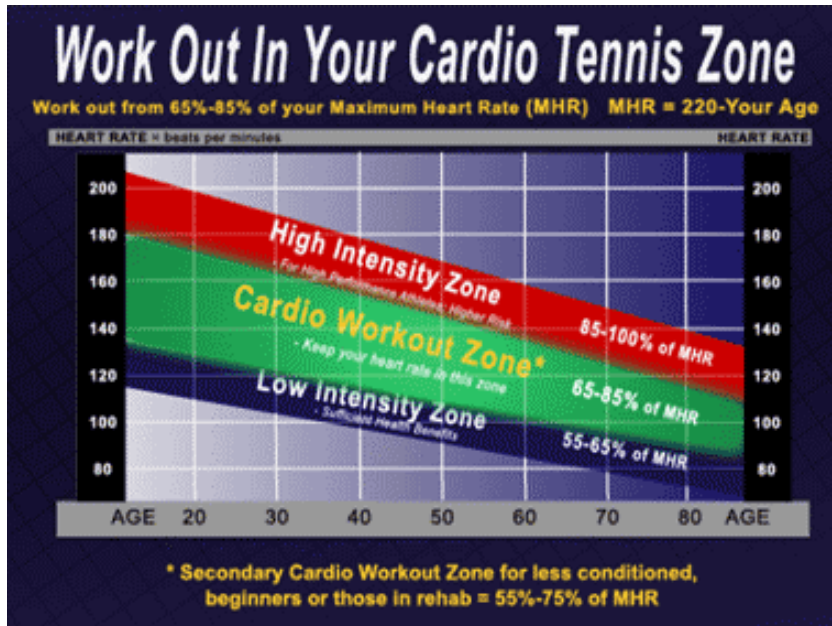
## A typical Cardio Tennis program would include:

- 5-10 minute warm-up
- 30-50 minute cardio segment
- 5-10 minute cool down

Cardio Tennis is first and foremost a tennis clinic but it's more about getting people moving and active...less on hitting great forehands and backhands... and it uses upbeat music to enhance the experience and gives a whole new sound to tennis.



## BENEFITS OF PLAYING CARDIO TENNIS



- It's a fun, group activity where players of all abilities enjoy tennis together.
- Much more fun than working out on a machine or at other fitness activities.
- Participants elevate their heart rates into an aerobic training zone.
- The focus is primarily on getting a great workout, not hitting perfect shots.
- You get short cycles of high intensity and periods of rest, almost like interval training.
- When you hit so many tennis balls and repeat various shots, your game will naturally improve.

### CARDIO TENNIS FOR EXISTING AND NEW PLAYERS

These programs and drills are geared for existing and new players to get a great cardio workout while improving their game on a tennis court...and way more fun than working out in the gym.