

Cardio Tennis

Get your heart pumping and work on your tennis game

About

Looking to try something new? Try cardio tennis! This clinic focuses on hitting as many balls as possible while incorporating a variety of tennis movements during a fast-paced, ball-feeding drill session, and then finishes up with exciting, live-ball games. Get your heart pumping and work on your tennis game all at once! Open to players of all levels.

Pricing and Registration

\$20/class, \$8 non-member fee if applicable
To register, contact the FITshop at **603-643-3627**

Players are required to register at least 24 hours in advance of the clinic they plan to attend.

*Requires a minimum of 3 participants to run.

Times

At River Valley Club:

Mondays:

7:45am - 8:45am

5:30pm - 6:30pm

Wednesdays:

7:45am - 8:45am

5:30pm - 6:30pm

Fridays:

7:45am - 8:45am