



Looking for a new fitness routine?

Want a safe, healthy, fun way to get in shape, maintain fitness, or improve fitness?

Come Try...



Cardio Tennis is a fun, high energy, engaging group fitness program that features the heart pumping effects of tennis drills, games, and skills while delivering the ultimate full body and calorie burning aerobic and anaerobic workout.



Cardio Tennis is a very social activity for people of all ages, ability and fitness levels. No tennis experience is required.



Where: 142 W. Twin Oaks Terrace, South Burlington

When: Sundays 8:00-9:00 am

Tuesdays 2:00-3:00 pm

Wednesdays 12:00-1:00 pm

Fridays 12:00-1:00 pm

\$15 members / \$20 non-members