

# Cardio Tennis

Get your sweat on!



**LOCATION**  
Fort Benjamin Park  
100 McQueen Ave  
Newport, NC

**WHEN**  
Sat. October 10th  
10am-11am

Thurs. October 29th  
6pm-7pm

**WHO**  
Active Adults  
(no tennis  
experience required)

**PRICE**  
\$15 per person  
per class

**INSTRUCTOR**  
Jeff McBane  
PTR Certified

Tennis Rackets  
Provided. Come  
prepared to play with  
tennis shoes,  
comfortable  
clothing and water!

**Cardio Tennis** is a group activity featuring drills to give players of all abilities a **high energy workout!** Taught by a certified instructor, cardio tennis includes a warm-up, cardio workout, and cool down phase. If you are looking for a new workout and great way to get in shape and burn calories, try Cardio Tennis!



Please contact the instructor Jeff McBane to register.  
Contact info: (252) 269-1852 or  
jmcbane137@yahoo.com