

# Cardio Tennis

Get your sweat on!

INSTRUCTOR: Jeff McBane, PTR Certified



## LOCATION

Fort Benjamin Park  
100 McQueen Ave  
Newport, NC

## WHEN

Saturdays:  
June 25  
July 23  
August 6

## TIME

9am-10am

## WHO

Active Adults  
(no tennis  
experience required)

## PRICE

\$15 per person  
per class

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