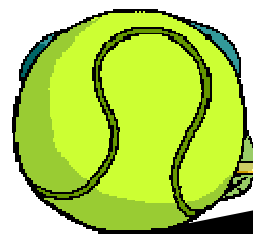


# Cardio Tennis



# FUN

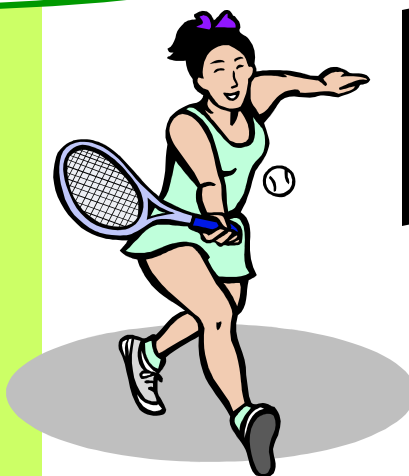
**MORE FUN THAN A GYM!!!**

**OPEN GROUP— JUST SHOW UP!!**

**Date: Thursday Evenings**

**Time: 07:30 — 8:30 pm**

**Cost: \$12.00 per person**



**HIT LOTS OF  
TENNIS BALLS!!**

**ALL LEVELS  
WELCOME!!!**

**GET IN SHAPE!!!**

**It's Heart Pumping  
FUN!!!  
Get in the ZONE**

**Improve Your Game!!!**

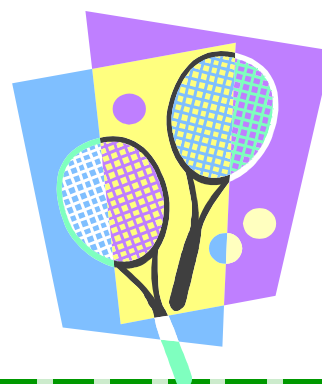
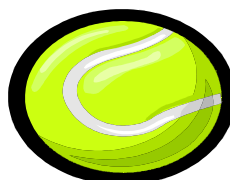
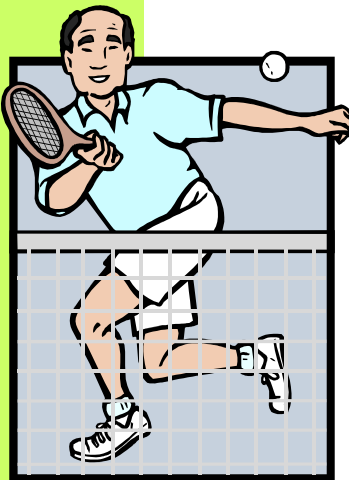
Target Heart Rate:

- Learn to Figure your Target Heart Rate Zone
- Learn to take your Heart Rate for 10 seconds
- Get the most benefit of a 1-hour drill session on the court
- Have FUN!
- Meet New Players
- Get in Shape ... or Stay in Shape

**Cardio Tennis with Vicki is:**  
**5-minute warm-up and stretch**  
**50 minute tennis drills and cardio**  
**stations**  
**5-minute cool-down play and**  
**breathe**

**For more information or to register**  
**call:**

**Vicki England Patton :**  
**330-714-4774**



**Vicki England Patton**

M.S. Exercise Physiology  
USPTA - PRO1  
ACE Personal Trainer  
Phone: 330-714-4774  
Email:  
[mytrainer123@gmail.com](mailto:mytrainer123@gmail.com)

**COME JOIN THE FUN!!!**

**REASONABLE RATE: \$12.00 per person**

**THURSDAY 7:30 pm—8:30 pm**

**Additional days / times can be arranged ... to**  
**fit your schedule !!! Call Vicki— 330-714-4774**