



WESTERN
RACQUET & FITNESS CLUB

Fun, Fast, and Fit

Cardio Tennis

A new, fun, group activity featuring tennis drills to give players of all abilities an ultimate, high-energy workout. Come give this heart pumping workout a try.

No tennis experience required

Monday 8:00-9:00am	\$16/person
Thursday 1:00-2:00pm	\$16/person

Sign-up weekly at the front desk to reserve your spot.

Cardio Tennis can help you stay fit for life!

Western Racquet and Fitness Club
2500 South Ashland Ave. Green Bay, WI 54304
(920)-497-1161