



## CARDIO TENNIS CLINICS

Beach City Tennis Academy is a licensed Cardio Tennis organization through the Tennis Industry Association, TIA. Cardio Tennis is a fun group activity for anyone, at any playing level, looking for a fun way to burn calories & interact with others outside of the gym.

Cardio Tennis combines tennis with bodyweight exercises, is a heart-rate-blasting challenge. Studies have shown that this combination allows players to hit a heart rate that was 74% of their max halfway through and after a 60-minute session. Synchronized fitness watches are paced to music with little down time to keep the heart rate moving while burning calories. Warm up and cool down exercises between each game consists of jumping jacks, pushups, squats, lateral shuffles.

Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Most women can burn 300 to 500 calories per hour and men burn between 500 to 1,000. Not only are you getting a great workout, but you are also learning a skill and training for tennis.

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