Cardio Tennis

GET YOUR HEART IN THE GAME

GTS
Give Tennis A Shot

"Cardio Tennis is a great way to get an effective cardio workout, shake up your workout routine, and get introduced to tennis for new players."

Daniel Nestor

Winner of all 4 Grand Slam titles and Olympic Gold medalist

- Total body workout
- Burn more calories
- Get in Shape
- Improve your game
- All ages and abilities

Get Started Now!

OTA
Ontario Tennis Association

The Ontario Trillium Foundation
La Fondation Trillium de l'Ontario

Want a great workout....Give Tennis a Shot with Cardio Tennis

Fun, group activities to keep you moving and in your cardio workout zone

Cardio Tennis™
Heart Pumping Fitness

Find a site near you… go to **www.tennisontario.com** or **www.cardiotennis.com**