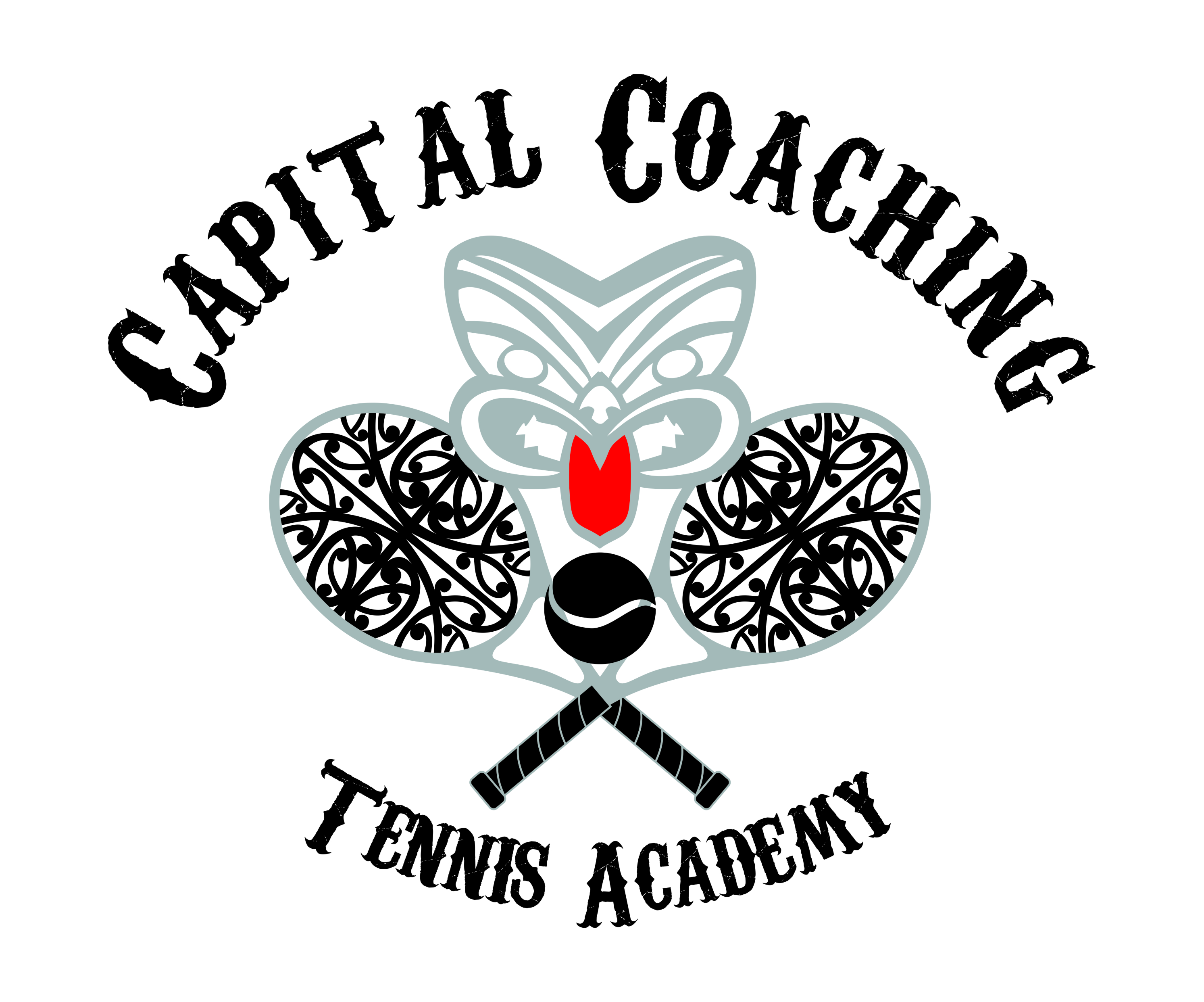
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**Cardio Tennis @ Mitchell Park 2014**

**Cardio Tennis** is a fun, social, group tennis-fitness program for people of all ages and abilities.   
  
It is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

* Thurs 7.30-8.30pm or Fri 10am-11am
* Cost $135 for a 9 week term (or $20/session casual)
* Starts 15th October 2014

*Be in quick & enrol online*

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