

# CARDIO TENNIS

Adults 18+

3 SESSIONS OFFERED  
JUNE 30<sup>TH</sup> | JULY 28<sup>TH</sup>  
AUGUST 25<sup>TH</sup>

AT PACQUENAC TENNIS CLUB  
42 Manor Ave  
Pompton Plains, NJ

6:00pm to 7:00pm

FEES PER SESSION  
Club Members \$15  
Residents \$18  
Non-residents \$20



TO REGISTER  
CONTACT  
MARK KASS

201-410-3095

[KASSFAMILY@AOL.COM](mailto:KASSFAMILY@AOL.COM)

Cardio Tennis incorporates music, movement, and tennis drills, making it an engaging way to enhance fitness and coordination. The program is inclusive, welcoming participants of all abilities, from beginners to advanced players

HIT TO BE FIT! JOIN OUR ACTIVE PROGRAM  
HIGH ENERGY • MUSIC • FUN

