

OAKHAM TENNIS CLUB

CARDIO TENNIS: HIT 100

JOIN THE EXCITEMENT

Join our high-energy Cardio Tennis session designed to get your heart pumping, your feet moving, and your shots firing!

Fast-paced drills
Music to keep you moving
Burn calories, boost fitness & sharpen your game
Goal: Hit at least 100 balls in one hour!

All levels welcome — it's not about perfect shots, it's about fun, fitness, and hitting lots of balls!



- Wednesdays 1900-2000
- Book online to secure your place
- [accesstennis.co.uk](https://www.accesstennis.co.uk)

The logo for Access Tennis, featuring the word "access" in a white, lowercase, cursive font with a tennis ball icon above the 's', and the word "TENNIS" in a smaller, uppercase, sans-serif font below it.

TENNIS

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