



CARDIOTENNIS™

HEART PUMPING FITNESS

**FUN ATMOSPHERE WITH PLENTY OF MOVING
FOR ADULTS OF ALL ABILITY LEVELS**

COST: \$10 + TAX PER SESSION

TUESDAY & THURSDAYS: 7 AM - 8 AM

FRIDAYS: 12 PM - 1 PM

**DATES: APRIL 11, 13, 14, 18, 20, 21, 25, 27, & 28
MAY 2, 4, & 5**

AT NOBLE PARK TENNIS COURTS

**REGISTER FOR AT LEAST 4 SESSIONS & GET 1 FREE
MUST PRE-REGISTER. MAX 10 PER SESSION**

PRE-REGISTER AT PADUCAH PARKS AND RECREATION OFFICE, ONLINE AT
PADUCAHKY.GOV/REGISTRATION, OR BY PHONE AT 270-444-8508.

CARDIO TENNIS IS PRESENTED BY PADUCAH TENNIS ASSOCIATION &
PADUCAH PARKS & RECREATION