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| **ACTIIVITY** | **DAY/DATES** | **TIME** | **COST** | **QUERIES/**  **BOOKINGS CONTACT** |
| CARDIO TENNIS CLASS:  Coach: Anne-Marie Darcy  Grades: 5-6 & Beginners | TUESDAY:  March 28th, April 4th, 11th, 18th | 6.15-7.15pm | 30 Euro for Four Classes | Anne-Marie  087-9634583 |
| CARDIO TENNIS CLASS:  Coach: Anne-Marie Darcy  Grades: 2-4 | TUESDAY:  March 28th, April 4th, 11th, 18th | 7.15-8.15pm | 30 Euro for Four Classes | Anne-Marie  087-9634583 |

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| Cardio Tennis is a high energy fitness, fun, sociable, group class, featuring tennis drills to give players of all levels/abilities an ultimate, full body work out. A typical class includes a warm up, cardio work out, core work out and warm down. The class will contain dynamic movements, core exercises, foot work drills, tossing & catching, hitting drills and fun tennis games. If you want to find a healthy way to get fit and burn calories, you should try out Cardio Tennis. Suitable for both men and women of all grades/abilities. |