



CARDIO TENNIS



At RAHRC Tennis Club

**Every
Mon Evening
7 pm to 8 pm**

**FOR INFO &
REGISTRATION
CONTACT DERON
ON 95344398**

READY? PLAY.

FIT + FUN +

FEELING GOOD



EMAIL: RAHRC TENNIS COACH@GMAIL.COM

WEBSITE: WWW.PDORC.COM/TENNIS