

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Cardio Tennis

Get your body moving with a tennis-infused workout.

Cardio Tennis is a dynamic way to learn and play, combining tennis drills with fitness in a friendly, no-pressure environment.

Perfect for all ages and abilities – no experience needed!

Racquets can be supplied if you don't have your own.
Footwear suitable for hard-courts must be worn.

Thursdays 01 October - 25 March

7:00pm - 8:00pm

Gardens Tennis Club

47 Gilruth Avenue, The Gardens

No bookings required!

Instructor: Alexis and Andrés - Gardens Tennis Club

P - 0413 305 181

E - info@gardenstennis.com.au



Only \$5 per session!

To find out more about this activity,
contact the instructor directly.

