

CARDIO TENNIS

A fun hour of being out doors, playing tennis and improving your fitness with Tanya and Rachel.

No experience needed.

All equipment provided. Please bring trainers and water.



9 Weeks from Monday 13 May (no session 27 May)

10am - 11am

Tennis Courts at Oatlands Recreation Ground, Weybridge

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code 



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Inspiring Mental Wellbeing