

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.



5 weeks from January 12

10am - 11am

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@maryfrancetrust.org.uk

or visit www.maryfrancetrust.org.uk

or scan our QR code



Inspiring Mental Wellbeing