

# 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@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code →



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