

## School yard twist on tennis fun for adults

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Think of the elementary game four square, then add a racquet and you get [cardio tennis](#) -- a workout that will not only bring out the kid in you, it'll burn some calories.

"It's fitness first, cardio second," instructor Aruna Bernier explained. "It's all about movement, movement."

The magic is in the music.

**Tennis, anyone?**



Play a high-impact round to tennis set to music and you've got cardio tennis.

"You're not thinking as much about what you have to do," player Darius Davenport said. "You're just flowing. The music helps you flow."

But to dance to the music, you've got to know the moves --grip, volley, and an all out swing.

"I've had classes where people come but they're afraid to come into the court," Bernier explained about her class through [Tennisbuddys](#). "The cool thing about cardio tennis is once the music is on, you forget you're afraid. You forget you have a racquet in your hand, and before you know it, you start hitting."

That's why this court side cardio is perfect for beginners.

"Since it's so fast, you don't have time to think and change your grip," player Aneesha Kulhatkar said. "You have to do it on the spot. It's almost like you're playing a game because you have to do it under pressure."

"Cardio is very quick, small brief instructions then go right into a play situation," Bernier said.

Even those who've been playing for 30 plus years get a kick out of this tennis program.

"For the first time, I heard someone say, 'Don't worry about hitting a winner back as much as blocking.' So from fourth grade to 44, I guess it's better late than never," Davenport said.

Certainly never too late to find a new hobby that'll get you Fit for Friday. And who knows -- you might end up with a pretty decent backhand.

"Cardio tennis is pretty much fun, fitness, movement. That's it," Bernier said.