



Cardio Tennis Players of the Month: Ned Manning and Armistead Mauck

Cardio Tennis has become a favorite family pastime for two families in Kinston, NC, thanks to two fathers and tennis buddies who are dedicated to the program. Ned Manning and Armistead Mauck are known as regulars at the two nightly Cardio Tennis classes at Kinston Country Club, but they also bring out their entire families—and friends of the family.

“Whoever is in the house an hour before Cardio Tennis class starts will be coming with these men to burn some calories,” says Troy Robinson, director of tennis at Kinston Country Club. “There are very few things out there that a husband can involve his wife, daughters, daughter’s boyfriend, and his kid’s friends from school all at the same time. But Cardio Tennis is one of them and both of these men use it as a family bonding activity.”

Manning a 4.5-level player, has 15-year-old twin daughters who play recreationally but are not at his same level. For him, this is a way they can all be on the court together and have a good time.

“There are limited things that a father can do with teenage daughters,” says Manning. “But Cardio Tennis is fun for everyone. It’s great to see them having fun and with a smile on their face. It’s good bonding time for us.”

Mauck, who has 15- and 17-year-old daughters, agrees with Manning and sometimes turns the Cardio Tennis evening into a family night out.

“A lot of times we will all go out to eat afterward and we really feel like we deserve it after the workout,” says Mauck. “Both of my girls are athletic and very conscious about staying in shape so they love the way they feel after the class.”

Cardio Tennis has become a win-win for these families because not only are they getting more together time, but they are also staying healthy and fit. Mauck says he really doesn’t know what he would do without the nightly Cardio classes to help keep him in shape.

“Mentally I cannot function unless I exercise, so I make it a point to leave work at a certain time so I can go to Cardio Tennis,” he says. “If I didn’t do it, it would be a huge impact on my life and I would have to find something else to fill the void.”

Both men used to hit the gym to lift weights and run on the treadmill before they began playing Cardio Tennis, and both are relieved that the gym is no longer a regular part of their routine.

“It’s really tough going on a treadmill or elliptical for an hour and you don’t burn nearly as many calories as you do when you play Cardio Tennis,” says Manning. “I couldn’t think of a better way to work out for an hour than with Cardio Tennis. You’re so busy between listening to the music and focusing on the drills and games that you don’t realize how hard you’re working until you’re done. And when you look down at the heart-rate monitor and see you’ve burned 600 to 800 calories...Now that’s pretty amazing.”