



Heart Pumping Fitness!

Free Trial



Cardio Tennis is a new, fun group activity on a tennis court featuring drills to give players of all levels a workout



Fun Fitness Drills
All Equipment Provided
Full Body Workout

How to find us



Sessions Run From Mon 06 June - Sat 23 July 2011
All Abilities & Non Tennis Players Welcome - It's A Workout Session!

To Try Out Please Contact Steve

Choice Of 3 Days

sbelltland@hotmail.com

07740 859588

For further info on club visit:

www.thametennisclub.org.uk

DAY	TIME	PAY & PLAY
Mon	19:00-20:00	£7/£9
Fri	09:30-10:30	£7/£9
Sat	08:30-09:30	£7/£9

Fees are listed as member/non member