

CARDIO TENNIS FESTIVAL

In aid of St Elizabeth Hospice

Ipswich Sports Club – Henley Road – IPI 4NJ

10.00am Saturday 14th January 2017



Come and try a one hour cardio session with a tennis coach. Beginners, Intermediate, Advanced (different fitness levels) All non-members welcome.

Membership offer available throughout January

£10 per session to include coffee & home-made biscuits or £13 parent and child (10 years and older)

**To book your session please contact club reception on:
Tel: 01473 251143 or
reception@ipswichsports.co.uk
STAY, PAY, WATCH & PLAY**



All donations welcome