



60 minutes

Burn 600+ calories

Tennis inspired workout

love fitness

- Get fit the fun way with this exciting group cardio workout
- Bounce to the beat with motivating music
- No tennis skills required (although you'll pick some up along the way)



Heart pumping fitness on a Tennis Court!!!



BRING a racket and a water bottle



WEAR comfortable gym/tennis kit & non-marking trainers



BOOK at Club Reception, via ClubSpark or contact coach



Wednesdays ...9.00am to 10.00am

Thursdays ...6.30pm to 7.30pm

Fridays ...8.30am to 9.30am



Limited Spaces ...£3.00 per session (Members) (subject to category)
...£5.00 per session (Non-Members) (T&C's apply)



RUNS EVERY WEEK (subject to numbers, check with coach)