



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 WEEKLY at Club Reception



Tuesdays "GAMES" ...9.30am to 10.30am



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)