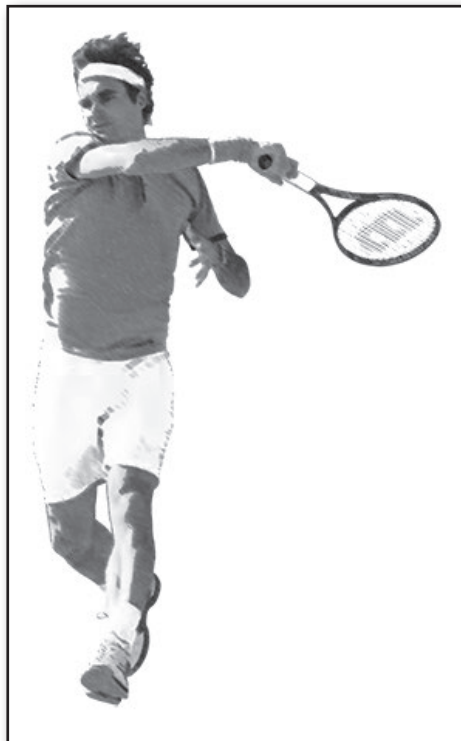








CARDIO TENNIS

A new way of getting your "Tennis Fix"

**FREE TRIAL
1ST SESSION
RING TO BOOK
PLACE**



-  **C**OACH
-  **L**ED
-  **I**NTENSIVE
-  **N**OT
-  **I**NSTRUCTION
-  **C**ENTRED

WHAT ARE DOUBLES CLINICS?

1 hour fast paced session
Average of 8 -10 per class
Focus is on competitive drills
Fitness is a by-product

Adults - mens and or ladies
All standards

Affordable
Minimal instruction
Similar to a game of doubles
Lots of activity & fun

Bookings made weekly or per term block
Ideal for people with limited time
More fun than gym
Appeals to competitive instincts
Fast way for adults to improve
Great way to practice
Improve fitness / lose weight



FERNY CREEK TENNIS CLUB
&
UPWEY SOUTH TENNIS CLUB
**DAY & EVENING
SESSIONS AVAILABLE**



FOR BOOKINGS OR ENQUIRIES PLEASE PHONE
STUART OR DIANA @

extreme tennis

0412 106416 / 0403 525111
contactus@extremetennis.com.au

CARDIO TENNIS

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**FREE TRIAL
1ST SESSION
RING TO BOOK
PLACE**

**MORE TENNIS
LESS TIME!**

**1 HOUR FAST
PACED SESSION !**

**IMPROVE
FITNESS & HAVE
FUN !**

**ALL STANDARDS
CATERED FOR !**

**FERNY CREEK TENNIS CLUB
TUE 9:30 - 10:30AM
&**

**UPWEY SOUTH TENNIS CLUB
MON 7:30 - 8:30PM
TUE 7:30 - 8:30PM
FRI 9:30 - 10:30AM**

**DAY & EVENING
SESSIONS AVAILABLE**

WWW.EXTREMETENNIS.COM.AU



**\$20 - per session (casual)
\$15 - per session (pre-paid term)
2nd session per week - \$10**



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