cardio tennis

HIT YOUR WAY TO FIT

GET SET TO GET ACTIVE

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

9759 6475 0412 106416 0403 525111

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$22 - per session (casual)
$17 - per session (pre-paid term)
2nd session per week - $12

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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

www.extremetennis.com.au

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