



Its time to invest 1 hour a week in yourself. With many commitments, be it kids activities work etc... it seems your own health and fitness can be very low on the priority list. Why not do something for yourself that will not only benefit you but also those around you. You will get fitter and stronger, feel more energised and will enjoy the social side that this fantastic program provides. Its great fun. So many adults I have spoken to tell me they wish they had played tennis when they were younger so they can enjoy the sport with their kids, others tell me they used to play and would love to get back into it but not sure how. People tell me they are not fit enough to do it which is crazy because you will do it to improve your fitness. others say they are not good enough at tennis. Crazy! I make this work for anyone. Come on your own, grab your husband, wife, partner an old team mate from your glory days or a friend . The hardest part is getting to that first session.

To get you to that first session I will make it easy for you! Its totally **FREE** with no obligation to sign up. I would love you to accept this challenge/offer. You wont regret it. I really like this quote:

“If you want something you have never had, you must be willing to do something you have never done.”

What is cardio tennis? - Its a great fun, social fitness workout on the tennis court. Cardio Tennis is open to all ages,all abilities and fitness levels - regardless of whether or not you've played tennis before.

It's Social - with a bigger class format that engages more people, Cardio Tennis is social as well as a fun fitness experience

Its fun, high energy workout - It offers a 'fun fitness factor' which is more social but with the same benefit as the usual treadmill repetition at the gym.

Its energising - you'll feel great afterwards.

Opens up a new tennis world - you don't have to play tennis to take part but it will allow you to progress into playing tennis in other ways.

Its results focused - burn calories and improve your game as a cardio workout helps women burn between 300 - 500 calories per hour and men between 500 - 800.

Its flexible - appealing to all abilities/all levels of fitness, you can sign up for 8 week blocks (\$96.00) or come on a casual basis (\$15.00 per session.)

Call or email me to discuss days and times etc. Graeme Hill 0409-016-022

