



# TENNIS FIT!!



**NOT A GYM PERSON?  
LOVE YOUR TENNIS?  
WANT BETTER FOOTWORK AND FITNESS ON  
COURT?**

**THEN TENNIS FIT IS YOUR ANSWER  
7-8PM ON WEDNESDAYS (WEATHER DEPENDENT)**

**£5 ADULT MEMBER**

**£7 ADULT NON MEMBER**

**ANY ABILITY**

**LOW IMPACT**

**AND**

**YOU CAN GO AT YOUR OWN PACE!**

For more information about TENNIS FIT please contact

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**JOIN NOW FOR  
A BETTER YOU  
ON COURT!**

**YOU OWE YOU**