

# TENNIS FITNESS SESSIONS



**TUESDAYS @ 8.30-9.30PM**  
**WEDNESDAYS @ 9.30-10.30AM**

**£5/ MEMBERS**  
**£10/ NON-MEMBERS**

A tennis specific fitness session aimed at improving conditioning, agility, strength, balance and coordination - All levels welcome!

To book your space contact reception on 01273 542100, or book using our online booking system.