



RELEASE THE PLAYER *within*

WITH CARDIO TENNIS



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CARDIO TENNIS

FITNESS • FUN • MUSIC & LAUGHTER



BREMER BAY TENNIS CLUB

THURSDAY 28th Sept 5:30 – 6:30 PM
FRIDAY 29th Sept 8:00 – 9:00 AM
FRIDAY 29th Sept 5:30 – 6:30 PM
SATURDAY 30th Sept 8:00 – 9:00 AM

** Please register with the fabulous: Diana Cooke on 0488 361 089 **

Coaching Sessions, both individual & group, available before and after each session.
Please book your session with Diana Cooke

*** NO TENNIS EXPERIENCE NEEDED * • ALL VERY WELCOME •**
Suitable for Men & Women of ALL ages, abilities & fitness levels.

Delivered by Tennis Australia Coach :

MEGAN HENRY 0427 634 008 meegshenry@bigpond.com
megan-henry-tennis-and-golf.square.site



Get set to get
ACTIVE

CARDIO TENNIS

CARDIO TENNIS *not your way to fit*



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