

# Flinders Park Tennis Club

## *Top Shot Tennis*

**Tuesdays**  
**7.30pm**



**Thursdays**  
**7.30pm**

**Cardio Tennis** is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels. If you are an experienced tennis player it is a great way to train for tennis. Most classes have mixed ability, however regardless of ability or fitness level we aim to provide the ultimate workout for you. We also have classes for beginners. If you've never played tennis before, it is a great way to be introduced to the wonderful sport of tennis.

### **Fee Structure**

Casual ~ Pay As You Go	\$15 per session
5 Session Pass (2 month Expiry)	\$65 per pass
10 Session Pass (3 month Expiry)	\$120 per pass

For Further Enquiries & to Book A Session

**Phone:** Julia Heath ~ 0417822676