



JOHN BRADY is running **CARDIO TENNIS** classes for 5 weeks in the club commencing evening of **Monday 6th October**. (No class on Bank holiday Monday, 27th October.)

What is Cardio Tennis?

- a fitness activity with a high energy workout and it's fun. It is a lot more fun than working out on a machine or other fitness activities and it uses music to create a new feeling for tennis. It is for all levels of players.

To register : phone **JOHN BRADY** on
086 259 6965
or email -
johnbradytenniscoach@hotmail.com

(Please tell me of any friends that you wish to be in your class).



Fees for the five week course - €40

You will be contacted with your class time before the first week.

