



JOHN BRADY is running CARDIO TENNIS classes for 5 weeks in the club commencing Monday 2nd March (7.30pm).

What is Cardio Tennis?

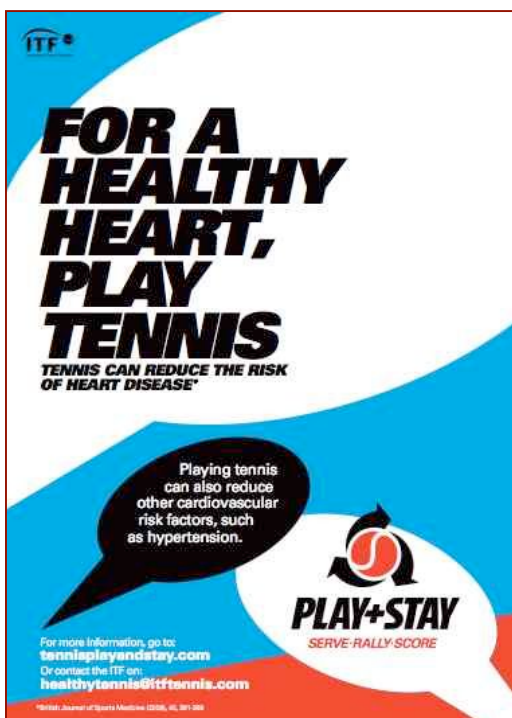
It is a fitness activity with a high energy workout and it's fun. It is a lot more fun than working out on a machine or other fitness activities and it uses music to create a new feeling for tennis. It is for all levels of players.

Visit www.cardiotennis.com for more information.

To register phone or text JOHN at 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