



Professional Tennis

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www.professionaltennis.co.nz

Cardio Tennis is a fun, social, group tennis fitness programme for people of all ages & abilities. It is an hour long workout that is perfect for anyone who likes to hit plenty of tennis balls

Weekday Cardio Sessions

\$10 / hour

Perfect for anyone who likes to hit plenty of tennis balls, as well as beating the person down the other end. The emphasis is tennis specific drills and games designed to give everyone on the court a good workout as well as plenty of enjoyment.

Tuesday	Wednesday	Thursday
10:00am	10:00am	10:00am

Advanced Evening Cardio Sessions

\$10 / hour

Advanced evening Cardio Tennis follows the same format as the weekday sessions, however the two evening sessions are for more experienced players who enjoy big hitting and competing. A high calibre of player is usually expected at these sessions, come prepared!

Tuesday	Thursday
6:30pm	6:30pm

All coaching takes place at Hawkes Bay Lawn Tennis & Squash Club, 13 Higgins Street, Marewa, Napier

No booking required, simply turn up on the day!

Contact Simon: p: 021 776 107 e: simon@professionaltennis.co.nz

