



Professional Tennis

learn

progress

achieve



Tennis aerobics is a fast, competitive, hour long workout. It is perfect for anyone who likes to hit plenty of tennis balls, and enjoys a bit of social competition. Due to the popularity of aerobics in recent times, there are a number of times and days to choose from.

Weekday Aerobics

\$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.

Monday	Tuesday	Wednesday	Thursday
-	10:00am	10:00am	10:00am

Advanced Evening Aerobics

\$10 / hour

Advanced evening aerobics follows the same format as the weekday aerobics, 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!

Monday	Tuesday	Wednesday	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

