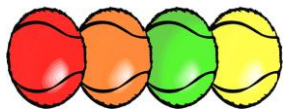


Tennis Unlimited



194 Bloomfield rd  
Keysborough  
Wachter Reserve



**FREE TRIAL  
WORKOUT**

## PLAY CARDIO TENNIS FOR:

### FITNESS

**1 HOUR TENNIS WORKOUTS** includes Warm Up, Workout and Cool Down. All equipment supplied.

### FUN

**MUSIC** is playing while you play to keep you motivated. Speciality Cardio Tennis Mixes are played.

### SKILLS

**LOW COMPRESSION BALLS** enhances skill development and caters to all abilities

### SOCIAL

**4 MINIMUM- 8 MAXIMUM PLAYERS** per workout. BOOKINGS ESSENTIAL

### RESULTS

**HEART RATE MONITORS** or **PEDOMETRES** can be used to track Calories, hear rate zone & steps

### QUALITY

**CARDIO TRAINERS** who are energetic and engaging run the workouts



**FREE CARDIO SHIRTS** for Registered Participants.

\* Optional Heart rate monitors can be purchased using your Cardio Redemption Card. Price is only \$80.80 including postage & handling for a Suunto Heart rate monitor (RRP \$129.99)

### FREE CARDIO TENNIS TRIAL

If you would like to continue after your trial or Returning back to Cardio:

**PRICES** are \$15 per session based on how many weeks remaining in current term.

For eg 10 x \$15, 9 x \$15, 8 x \$15, 7 x \$15, 6 X \$15... Casual Visits do not apply.

Enjoy the fantastic playability of the Blue/Green Coloured Synthetic Grass Courts

Dates: Starting October - December 2016 & February- April 2017

Exact Dates & Times to be confirmed once application is returned



**TO BOOK: Contact Lisa on 0419 104 655 or [tennisultd@gmail.com](mailto:tennisultd@gmail.com).**

Details below are required to book your session:

Name \_\_\_\_\_ Mobile Number \_\_\_\_\_

Email \_\_\_\_\_ Please Indicate ALL Availability:

Monday 7pm

Tuesday 7pm

Thursday 7pm

Comments \_\_\_\_\_

A Invoice will be issued once application has been received. Limit of 8 spots per session.