

CIRCUIT TRAINING

- ⦿ **Want to get fit to improve your tennis game?**
 - Then **CIRCUIT TRAINING** is for you!
 - **Qualified Fitness Trainer**
 - Over 10 years experience in the industry.
 - Bachelor of Applied Science
 - Cert III Group Fitness
 - CERT IV Personal trainer
 - Current First Aid/CPR certificate
 - **Training focuses on techniques to enhance**
 - Agility
 - Speed
 - Co-ordination
 - Endurance
 - NB training drills are not tennis based and will not require tennis racquets
- ⦿ Catering for groups of up to 10 people.
- ⦿ **When: Sundays @ Deer Park Tennis club @7pm (45 mins)**
- ⦿ **Cost:**
 - free for DPTC members
 - \$5 for non members.
- ⦿ Minimum age to join in is 16 years old
- ⦿ All participants over 35 need a medical clearance before commencing any new exercise program.
- ⦿ For further details please contact the Deer Park Tennis Club
 - **93635860**