



Price Reduced for 2012!

Cardio Tennis is a total body workout that features on-court warm-ups, intensive cardio session and cool down. It's a fun group activity, featuring drills and games to give players of all abilities the ultimate high-energy workout. With use of the supplied heart rate monitors, your coach can monitor and target the intensity of your exercise to get the most from your workout.

Book in for the term or play casually!

Casual sessions available @ \$20 per session (bookings essential)

Book into an existing session or book a casual session at your own time (min. 3 players required)

Each session runs for 1 hour, with a minimum of 3 players

Please select your preferences <input checked="" type="checkbox"/> from the options below		
2012 Terms and Starting Dates	Preferred Day	Preferred Session
<input type="checkbox"/> Term 1: 9 week Term (Wed–Sun) Cost: \$ 180.00 (Monday only 7 weeks \$140) (Tuesday only 8 weeks \$160)	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday	Monday to Friday: <input type="checkbox"/> 8:30–9:30 am <input type="checkbox"/> 9:30–10:30 am <input type="checkbox"/> 10:30–11:30 am <input type="checkbox"/> 6:00–7:00 pm <input type="checkbox"/> 7:00–8:00 pm Saturday & Sunday: <input type="checkbox"/> 8:30–9:30 am <input type="checkbox"/> 10:00–11:00 am <input type="checkbox"/> 11:00 am – 12:00 pm
<input type="checkbox"/> Term 2: 9 week Term Cost: \$ 180.00		
<input type="checkbox"/> Term 3: 9 week Term Cost: \$ 180.00		
<input type="checkbox"/> Term 4: 9 week Term Cost: \$ 180.00		

Please indicate your basic level of fitness

Low

Moderate

High

Please indicate your relative tennis ability level

Low

Moderate

High

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: (Hm) _____ (Mob) _____

Email: _____

Please complete the section below if you would like us to process your fees on your credit card

Cardholder's Name: _____

Card Number:

Expiry Date: / Visa / Mastercard Sorry no AMEX or Diners



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