



Our Tennis Centres

TURF CITY

200 Turf City, #01-63,
Singapore 287994
Tel: 6466 2643

EAST COAST PARK

902 East Coast Parkway
Blk B, #02-08,
Playground @ Big Splash,
Singapore 449874
Tel: 6346 1247

Sponsored by



CARDIO TENNIS

A great new way to get in shape and to burn calories!

Introducing Cardio Tennis, a new and fun group activity that gives an ultimate, high energy workout. It includes a warm-up, cardio workout and cool down phases.

Recommended for beginners to advance players who want a great cardio workout while improving their skills.

Cardio Tennis is more fun than working out in a gym or other forms of exercise!

Tuesdays 8-9pm • Thursdays 7.30-8.30am / 9.30-10.30am

Location: Turf City • Fee: \$35 per session

All standards welcome, rackets provided on request.

AST have unique programmes, aimed at adult beginner, intermediate and advanced players to suit individual needs. We also provide Tots, Mini & Junior lessons.

Our coaching team runs private and group lessons for all levels. Tennis coaching/lessons can be held at Turf City, Sentosa or your home for convenience and comfort.

Come in and join the ladies social morning & team tennis too.

BENEFITS OF PLAYING CARDIO TENNIS

In order to improve overall health and reduce the risk of heart disease, we need at least 30 to 60 minutes of moderate intensity aerobic exercise several days in a week. Cardio Tennis can go a long way toward helping you realize this health benefit while giving you a complete workout.



Register
ONLINE NOW!

For more information:

☎ 6466 2643 (AST Office)

🌐 www.advantageschooloftennis.com

✉ info@advantageschooloftennis.com