

**AST**  
Advantage  
SCHOOL OF TENNIS



# Ladies BOOT CAMP



**A Great Way to Work the Christmas Turkey Off!**

Come and join us at our Ladies Boot Camp this January 2011 which includes 2 hours of tennis fun and circuit training. It's a great way to lose weight, get fit and have fun at the same time in a friendly and highly energizing environment!

**(All Standards Welcome, Equipment Provided)**

**10 – 14 January 2011 | 17 – 21 January 2011 | 24 – 28 January 2011**  
**Monday – Friday • 11am-1pm • Fee: \$200**

**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.**

**Register  
ONLINE NOW!**

Sponsored by

**IFS**  
International Financial Services

**For more information:**

**☎ 6466 2643 (AST Office)**



**www.advantageschooloftennis.com**



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