

Friday 18 February, 2011

Tennis Townsville introduces Tennis boot camp!

Tennis Boot Camp is a new fitness program at Tennis Townsville that will get your heart rate pumping!

Tennis Boot Camp combines a high intensity cardio workout including tennis drills to provide a unique way of getting fit while learning a new skill.

The program is a fun group activity for all ages and abilities and features tennis drills, cardio workouts, warm up and cool down phases.

Tennis Townsville's Head Coach, Wayne Hannah and certified Fitness Trainer, Andrea White will guide you through the fast-paced work out. The program starts with a short dynamic warm-up, followed by cardio drills incorporating tennis and interval training and concludes with a cool down phase with stretches. The Tennis Boot Camp will attract people who want to keep fit and learn new skills.

People spend countless amounts of money searching for the ultimate work-out that will help them shed those unwanted kilos and improve their fitness levels, but Tennis Boot Camp is able to get participants to consistently elevate their heart rates into their aerobic training zone whilst having fun at the same time. The program allows participants to burn more calories within short cycles of high intensity workout and periods of rest, very similar to interval training.



Katherine took the first class last year and said "I took part of the Tennis Boot Camp and it was so much fun. I was energized and I got a great workout. I'm not a great tennis player but I didn't have to be. I hit a lot of balls, was constantly moving and got my heart rate pumping! I also improved my tennis skills along the way!"

Tennis Boot Camp is proudly sponsored by Drake International, www.drakeintl.com.au

Tennis Boot Camp commences on Tuesday, 1 March from 6.00am to 7.00am at Tennis Townsville, 32 Burke Street, North Ward.

The classes will run in 6 week blocks and the cost is only \$72 for the 6 week program. Casual rates apply. Come along to Tennis Boot Camp for a different type of work out!

For more information, call us on (07) 4721 5129 or email marketing@tennistownsville.org or visit our website www.tennistownsville.org

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For further information visit
www.tennistownsville.org

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