

T-Fit

The perfect blend of the toughest sport and the staple workouts that everybody has got used to. If you want to try something different to liven up your work out and get the results you always wanted our T-Fit program is for you.

We have 4 different workout classes to choose from which are identified below –

## **T-Fit CARDIO**

T-FIT Cardio is an engaging group fitness program featuring the heart pumping effects of tennis drills, tennis games, and awesome skills delivering the ultimate full body and calorie burning aerobic and anaerobic workout.

T-Fit Cardio is a very social activity for all ages, abilities and fitness levels. The Cardio Balls equalize the playing field and enhance the workout making it the best way to work out and have fun!

### **Group size**

Ideal for 6+ participants up to a maximum of 16 participants

### **Any previous experience needed**

No experience of Tennis or fitness programs needed

## **T-Fit BLAST**

T-Fit Blast is perfect for the Tennis enthusiast that wants to focus on basket drills focused on Tennis shots. The benefit is equally positive for people wanting to get started with Tennis and have a high impact work out.

T-Fit Blast is for small groups maximum of between 4-8 people to one instructor to have a focused workout to benefit your fitness and tennis shots.

### **Group size**

4-8 people to one instructor

### **Any previous experience needed**

No experience needed but with some past Tennis experience the terms will be more familiar at the start

## **T-Fit Circuit**

T-Fit Circuit training is a high intensity, fast-paced workout that can help tone your body and shed fat. Our classes are high energy and fast-paced and involve moving your way around different tennis and exercise stations performing each exercise as many times as you can in 2 mins.

T-Fit Circuit integrates regular Tennis compound movements, high intensity co-ordination and the regular exercises in many traditional circuits.

### **Group size**

From 6 – 20 participants

### **Any previous experience needed**

No experience needed

## **T-Fit Pilates**

T-Fit Pilates is exercise emphasizing the balanced development of the body through core strength, flexibility, and awareness to support efficient, graceful movement. Our Pilates focus on the key body areas that are used in Tennis.

T-Fit Pilates is a great way to prevent yourself from getting an injury to keep you working at your best for longer!

### **Group size**

From 6 – 20 participants

### **Any previous experience needed**

No experience needed