

Get in the Zone



With this two-day course available for all registered fitness trainers.

cardiotennis.com.au

Unit One

Develop and update knowledge of Cardio Tennis.

Unit Two

Plan, deliver and review a quality Cardio Tennis workout.

GROW your business with a new, high-energy group-fitness workout. Enrol in the Tennis Australia Cardio Tennis Fitness Trainer course today!



*Successful course participants receive Cardio Tennis Fitness Trainer membership, which includes:

- ▶ Suunto M2 heart rate monitor (RRP \$129.99).
- ▶ Promotion of your Cardio Tennis venues on cardiotennis.com.au.
- ▶ Cardio Tennis activity videos and music new releases.
- ▶ Cardio Tennis educational resources and marketing collateral.
- ▶ Free Cardio Tennis branded T-Shirts for all your participants.
- ▶ Cardio Tennis branded fence banner, equipment and sunscreen.

Dates:

Vic: 16-17 November
NSW: 30 November-1 December
Qld: 7-8 December

Cost: \$399 (inc GST).

How to apply:

Email ctft@tennis.com.au

OVER
\$600
VALUE



Physical Activity
Australia

Every day, every Australian, physically active
Accredited Program 2013-15



SUUNTO

WorkoutMusic.com