



Yamala Park TC Cnr Ithaca Rd & Bowes St Frankston South

Joe Hill - Personal Trainer
Certified Fitness Trainer - C/N ITA0001999
Strength & Cardio Fitness with a Tennis Twist
0409 166 105
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HitFit Tennis brings a unique workout combining a blend of cardio & strength exercises to improve overall fitness & well being.

commencing Feb 14th 2016 | Sunday mornings 8:00am at Yamala | register now

**SPECIAL
OFFER**

\$10.00 - 1 HR SESSION
February 2016 Only

HitFit provides the perfect workout encompassing a range of strength, flex & cardiovascular drills to cater for all fitness levels.



Our SpinFire Pro 2 Ball Machine plays an important role in delivering a range of ball drills to improve hand-eye coordination and general fitness.



Group based tennis circuit drills provides for a whole lot of fun while improving agility, flex & strength in a team environment.



Joe Hill
Certified Fitness Trainer

Cardio | Flex | Strength | Hand Eye | Core | Fun !

