



JEM TENNIS is now offering a

BOOTCAMP – OUTDOOR CIRCUITS CLASS

Every Saturday 9-10am, next to the JEM tennis courts, come rain or shine!

For all ages and fitness levels and open to everyone, just turn up.

The first session will be on Saturday 24th September and will be FREE.

Thereafter each session will cost £5, pay-as-you-go, paid directly to Andy.



The sessions will be circuit style format with the aim of achieving all over body conditioning, toning, inch loss and calorie deficit.

The session will be taken by Andy McGhee who served fourteen years in the Army as a strength conditioning coach and a specialist in outdoor pursuits.

Colin has coincided the class with the Saturday morning junior tennis session as an ideal opportunity for the parents to exercise at the same time. The class is open to anyone and we encourage you to tell your friends, come along and give it a try.

It's the perfect way to start your weekend off or to blow away the cobwebs from the night before!

We also hope to introduce a weekday session following the same format.

If you would like to learn more about Andy and his services then please look at his website www.pinnaclept.co.uk or contact Colin 07801 422227

