

Attention: All Tennis Members

1 weeks gym membership for just £5

All Tennis members are now entitled to use the fitness facilities here at the club for 1 week for just £5.

This means you get a whole weeks worth of usage for the price of 1 session!!!

Come and try our facilities, learn some new exercises and see how the fitness team can help your on court performance and your off court health.

To come and use the gym for your weeks trial or to find out more please speak to Craig or Scott up in the gym

Alternatively call 01462 675444 or email fitness@lstc.org.co.uk