

## Attention: All Tennis Members

### Free movement assessments are now available

All Tennis members are now entitled to a  
FREE movement assessment from the  
FITNESS team.

This assessment will highlight any areas of  
weakness/tightness that may be adversely  
affecting your game. From this the fitness team  
can design a program to help alleviate these  
problems and to improve your on court  
performance.

To book your free assessment 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](mailto:fitness@lstc.org.co.uk)