

LADIES....ARE YOU TENNIS FIT?



Let's bring in the experts.....Introducing a set of 3 Tennis Fit workshops

1. Physically Fit – Monday March 27th @ 7.30pm

With Shauna Feeney – BSc Sport Science, Exercise Practitioner & Anatomy in Motion Practitioner
20 years experience in fitness & exercise

2. Nutritionally Fit – Monday April 24th @ 7.30pm

With Louise Lynch - MSc Food Health & Nutrition

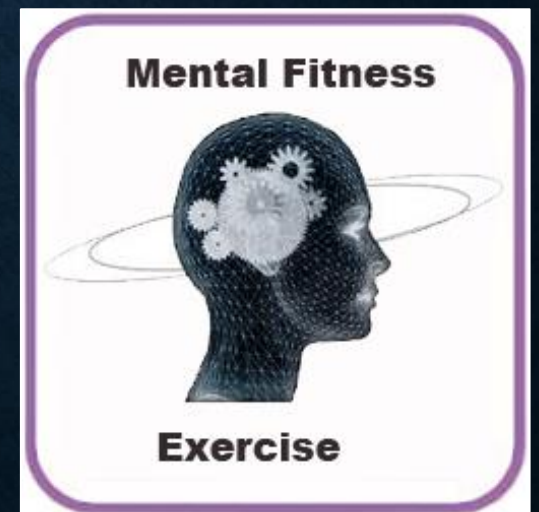
12 years experience running nutrition & exercise workshops



3. Mentally Fit – Thursday May 25th @ 7.30pm

With Niamh Fitzpatrick - BA, MA, MSc Sport Management specialising
in Sport Psychology

25 years experience working as a psychologist



Sign up here/office and pay on - line using the Pay with Card link on MLTCC web site home page (scroll to the bottom left) by Monday March 13th

Cost: €40 for all 3 workshops

Any queries contact Catriona McLoughlin/Carol McCarthy