

# be challenged

Corporate Health & Fitness Program

# beat the stress

# promote health and well being in the work place

# develop team work

# improve fitness and energy through the dynamics of tennis

Elsternwick Park Tennis Centre has an enjoyable and rewarding range of Corporate Programs which promote health and fitness in the work place.

Through the dynamics of tennis and other sports, EPTC's aim is to inspire you and your organisation to complement your work life with a regular commitment to health and fitness participation.

- Increase health and well being in the work place
- Beat the rigors of daily work life stress
- Improve overall fitness and energy through the intensity of a tennis work out.
- Reward your team with specially designed corporate programs which are fun, develop team work and increase team morale.

Our Corporate Program is led by a dedicated team of professional Coaches who are Tennis Australia and USPTA qualified and with a range of facilities, we are able to tailor programs to suit your business and corporate needs.

- Corporate challenge events and Company tennis tournaments: singles, mixed and team round robin
- Corporate rates for court hire and coaching
- Corporate Tennis Powerhour program designed to beat stress and fast track fitness
- Facility & Equipment hire including 8 x floodlit synthetic grass tennis courts and multi sports equipment (tennis, soccer, volleyball, basketball)
- Corporate functions, meetings and events including conference room + audio visual equipment

Contact our corporate team at EPTC

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