



Tennis Center

10 Har-Tru Tennis Courts

4 Illuminated For Evening Play

Social and Team Competitions

Director of Tennis Paul Bradshaw

Excellent Teaching Staff

Fully Stocked Pro Shop

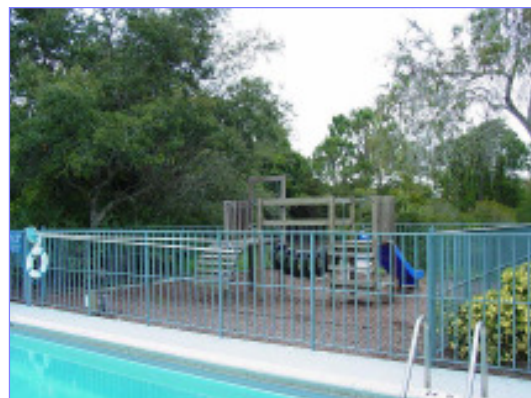
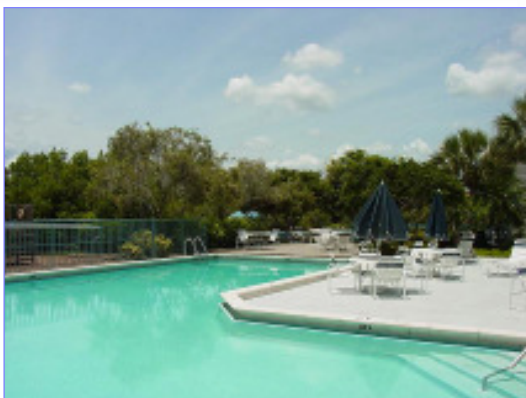
Pro Shop Is happy to introduce you to other members and arrange games for you with members of your same ability.

Weekly Round Robins, Couples Events
Tournament Activities
Together With Social Gatherings
Are An Integral Part of the Tennis Scene



Swim Center

Club Swimming Pool With Water Aerobic Activities
Is Located Adjacent To The
Tennis Courts & Fitness Center





Lakeside Fitness Center

Operated By Martin Memorial Hospital

Full Range of Cardiovascular & Strength Equipment

Monday to Friday	6:30 a.m. - 5:30 p.m.
Saturday:	7:30 a.m. - 3:30 p.m.
Sunday:	7:30 a.m. - Noon

Additional Services Include:

- * Personal Training
- * Pilates
- * Yoga
- * Water Aerobics
- * Aerobics
- * Seminars
- * Nutritional Guidance
- * Massage Therapy
(including deep tissue, Swedish & neuromuscular therapy)

