

# 'Sky is the limit' for aerobic table tennis

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Keeping fit with table tennis: Steve Rowe (back right) shows the way to success (Photo courtesy of ITTF)

Keep fit and play table tennis; that is the message from Steve Rowe, it is a message that in his home is working like a dream and now he wants to spread the word to all four corners of the world.

Steve Rowe is the coach at the Wigan Table Tennis Club, a town better known for its milling history or coal mines, however recently more associated with the sporting endeavours of Wigan Athletic and Wigan Warriors.

However, now its table tennis that is catching the media's attention with Steve's new initiative. With his 30 years experience in the game, he has devised a programme which involves yoga, aerobics and table tennis to help with fitness in the female market.

To read more about the new scheme [click here](#) to see the full story on the ITTF.

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