



W O M E N ' S
Squash
W E E K

23 - 29 SEPTEMBER 2019

TRING SQUASH CLUB

MON 23RD 7.30 – 9.30

Women/ girls of all abilities
welcome for a free womens
only session

Come and try playing squash,
bring a friend.

'Squash fit'

Ladies, are you squash fit? Come
and try some squash specific
circuits/ stability training/yoga to
help your squash fitness.

SAT 28TH 9.00 AM

LADIES MORNING
(£1.50)
Followed by

TEA/COFFEE/CAKE (10.30AM)

COME ALONG FOR SOME
FRIENDLY GAMES OF SQUASH
FOLLOWED BY SOME DELICIOUS
CAKE.

Let me know if you can donate a cake.

CONTACT KATIE FOR MORE INFORMATION / LET ME KNOW YOU ARE COMING
kwarbs@hotmail.com