

SQUASH

Enjoy a fast-paced and intensive workout? Love the social side of sport? Looking to get fit in 2019?

Come along to one of our FREE new member 'drop-in' sessions. No prior experience is necessary; all equipment will be provided but please bring non-marking trainers. All welcome, particularly women & juniors.

Sunday 20th January: 10am - 1pm

Sunday 17th February: 5pm - 9pm

Sunday 17th March: 10am - 1pm

Why not take advantage of our introductory new members offer?

- 3-months for only £20
- **Quick to play** – fit it around your busy life
- **Cheap** – no expensive gym fees
- **All weather** – rain or shine, day or night
- **Healthy** – a combined cardiovascular, strength and flexibility workout
- **Fun** – social on the court (and in the bar after!)

Find us at:

Ickleford
Sports & Recreation Club
Chambers Lane
Ickleford
Hitchin
Herts
SG5 3YA

Or contact: Keith Hooton on
01462 636343

Find out more at
www.icklefordsquash.com

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