



# Squash Fit Starts Thursdays 29<sup>th</sup> Oct

(runs for six weeks, enough time to prep for SSC open tourney in Dec)

## 6.15pm – 7.15pm

(yes will run slightly into club night, so stay on for a hit)

\$55 for six weeks paid in advance or \$10 per session

Open to members over 16 years

Contact Lara Heta 021 029 06345

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