

**THE MOTE SQUASH
CLUB
WILLOW WAY
MAIDSTONE
ME15 7RN
Tel: 01622 676977**

Sunday and Wednesday Circuits

By improving your stamina, strength
and flexibility you'll reap the benefits.

All fitness levels welcome.

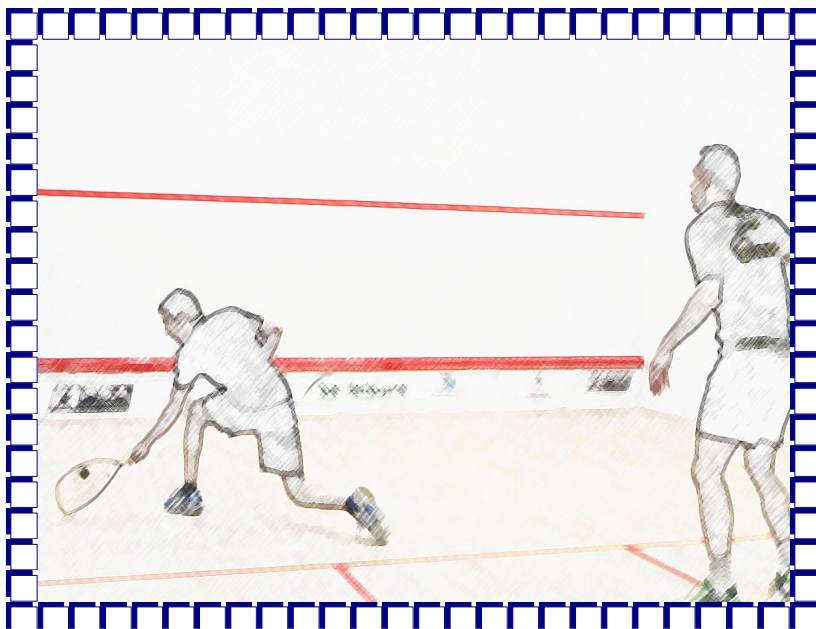
Contribution 1 x Court Token per per-
son.

**If you want to improve
'Don't play to get fit!'
'GET FIT TO PLAY'.**

SUNDAY 9:30—10:50 AM

WEDNESDAY 7:40— 9:00 PM

CIRCUIT



**Contact the squash club for
further information**

01622 676977

Wednesday evening sessions
starting 19th April.