

## STRETCHING EXERCISES



## SQUASH

Squash Coaching for Everyone  
(Squash Fitness, Court Training & Match Play)

Private Individual Lessons & Group Sessions:  
- Beginners, Intermediate & Advanced Coaching for Mens, Ladies, Teenagers, Juniors and Infants.



## RUNNING

Running Training for All Ages  
(Sprinting, Medal and Long Distance Training)

- Individual or Group Sessions  
- Speedwork for Competitive Runners from 100 meters to a Marathon.  
- Every Friday, Saturday and Tuesday's



## FITNESS

Fitness Camp for Everyone

- Ladies Groups - Mens groups - Mixed Groups

Every Sunday, Monday, Tuesday and Wednesdays at Safa Park (opp. Sheikh Zayed Road) outside Gate no. 5 in the Parking area.

Soccer Camp for Kids & Teenagers

- Soccer training for children's aged 7 - 14

Every Friday and Saturdays 10:00 - 11:00 & 11:00 - 12:00 hours at Safa Park, Gate no. 2 (Al Wasl Road)