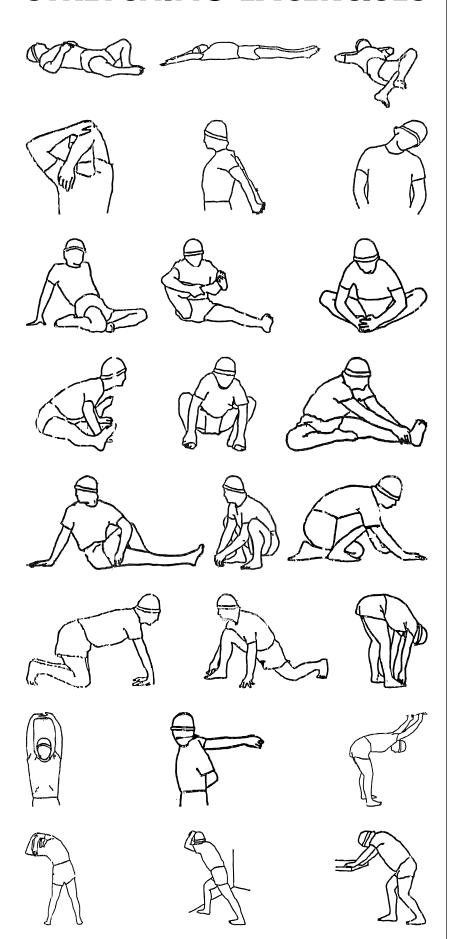
## STRETCHING EXCERCISES





🙎 SQUASH 🕉 RUNNING 🛹 FITNESS

Get Professional Help with Your Next Big Step!



# QUASH

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 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)

