

Stourbridge Lawn Tennis & Squash Club



NEW YEAR, NEW SPORT, NEW YOU!!!



JANUARY GYM TASTER COURSE FOR BEGINNERS

- Four-week Beginners Class starts Sunday 19th January 10-11am, then 26/1, 2/2 & 9/2
- £30 for the four-week course to include membership of the gym and access to gym classes
- Learn step by step how to use the gym, cardio equipment, and free weights
- Build your confidence and meet other people new to the gym
- Membership deals available following the course

***CHECK OUT OUR
FABULOUS***



OPEN DAY

- Saturday 11th January 10am to 1pm
- Come along and see what's available
- Racketball and Squash demonstrations
- Tours of facilities including gym and club room
- All weather outdoor tennis courts
- Membership offers available

JANUARY SQUASH & RACKETBALL TASTER COURSE FOR BEGINNERS

- Four-week Beginners Class starts Thursday 23rd January 7-8pm then 30/1, 6/2 & 13/2
or
Saturday 25th January 1-2pm then 1/2, 8/2 & 15/2
- £30 for the four-week course includes rackets membership
- Learn a fun indoor sport, improve fitness and hand eye coordination
- Build your confidence and meet other new people
- Membership deals available following the course

To book or for more information please call 01384 393613 or email info@stourbridge-tennis-squash.co.uk
Address: Sugar Loaf Lane, Iverley, Stourbridge, West Midlands, DY7 6PS