



Get Squashfit & Improve Your Game

Squashfit is a combination of sport specific athletic drills, kinesis and TRX training put into a fun and effective package to take you to the next level.

The sessions run on **Tuesdays @ 12:00pm** and **Thursdays @ 5:30pm** for 60 minutes. The sessions are designed for all levels of squash ability **PLUS** sessions can be combined with 30 minutes of **squash drills** coaching that will make the learning curve extremely fast.

Squashfit sessions will rotate members in a circuit like system of training that focuses on squash specific movements. Complete the workout with on-court coaching and see your game soar to new heights!



Individual OR Small Group Training for SQUASH

Using integrated movement patterns that focus on the LOWER BODY and CORE action, Squashfit will incorporate athletic drills, TRX and our unique Kinesis system to provide the conditioning that will prepare you for your best season ever!

Squashfit for you:

- 1-on-1 session: you and your trainer focusing on YOU—\$59-\$69*/session.
- Small Group: join an existing group or create one—\$15-\$20*/session*
- Plus Squash Drills: 30 minutes of squash coaching—\$7*/session*

*hst applicable

*minimum of 3 participants required

For more information or to book your sessions please contact:
Kelly Ellis @ 519-884-7020 or kelly@northfieldclub.com