

WWW.CARDIOSQUASH.COM.AU

MEN IN SQUASH

PLAY SQUASH AND GET FIT FAST

Cameron Pilley holds the World Record for hitting a squash ball at 175 mph, since 2011.

Geoff Hunt was World Champion 7 times and won 8 British Open titles.

Cardio Squash is for anyone that wants to focus on the fitness aspects of the sport in a boot camp style environment

Ideal for those who want a good workout, it's great cross-training for athletes from other sports, or regular gym goers looking to mix up their routine.

CARDIO SQUASH

SESSIONS AT YOUR LOCAL CLUB:



CARDIO 
SQUASH

