



Pre-Season Fitness Sessions

This year SMOG will be providing players with two pre-season fitness sessions, to help players prepare for the season ahead. The sessions will be taken by a Configure Express Instructor and include exercises specifically related to netball. The two sessions are open to all SMOG players

**Thursday 19 March
and
Thursday 26 March
6pm – 7.30pm**

**St Mary's College Gym
Guildford Terrace, Thorndon**

Cost: \$2 a session

To register for one or both sessions, please send an email to smogclubcaptain@gmail.com or register at Trials

Brought to you by the SMOG committee and Configure Express Women's Gym



*Women looking good,
Feeling great*