



SQUASH 57 SUGGESTED SOCIAL MEDIA POSTS

We've put together some suggested social media posts for you to use. Simply copy and paste the text, editing the blue text to use on your social media. Use an image or video from the toolkit to give your post extra appeal.

Want to meet new friends and try out a fun and social sport?

Join our #Squash57 sessions on [X DAY](#) at [X TIME](#).

Think your days on the #squash court are over? Think again!

#Squash57 uses a bigger, bouncier ball making it easier on your joints than squash.

Join our #Squash57 sessions on [X DAY](#) at [X TIME](#).

Looking for a fun and social sport that's easy to pick up? Try #Squash57 – you'll never look back!

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“The longer rallies mean I still get a great cardio workout.” – Graham, 66.

Former squash player Graham made the switch to Squash 57 and has never looked back!

Join our #Squash57 sessions on [X DAY](#) at [X TIME](#).

Looking for a sport you can do as a family? #Squash57 is a great option - it's so easy to pick and suitable for all ages and abilities.

Join our #Squash57 sessions on [X DAY](#) at [X TIME](#).

Tired of the treadmill? #Squash57 is a great workout! Meet new friends and have fun.

Join our #Squash57 sessions on [X DAY](#) at [X TIME](#).

"I thought my days on the squash court were over until I was introduced to Squash 57. I would recommend Squash 57 for all ages. It's fun, energetic and a great way to meet new people!" - Leona, 50, Wolverhampton

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