

Want to try a new "FUN" workout?

# JOIN THE RACQUETBALL CLUB!



## DID YOU KNOW?

- Racquetball burns 600-800+ calories in 1 hour of play\*
- One hour of play is equivalent to running 2 miles\*
- Playing racquetball regularly will decrease body fat levels and maintain healthy weight\*



\*According to the US Olympic Training Center

**Club Nights:**

**Contact Info:**

**REMOVE:**