

RACQUETBALL 101

COME LEARN HOW TO PLAY!



Date & Time Info:

Contact Info:

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