

Lakeforest Sport & Health

JUNIOR RACQUETBALL CLINICS

A junior racquetball program, run by the area's top racquetball pros, will be held at Lakeforest Sport & Health. ALL LEVELS WELCOME!

Racquetball is great for fun and fitness and is exploding at the junior level! Racquetball can help improve physical endurance, balance, coordination, body control, and is a great overall cardiovascular workout! Racquetball also provides ideal training for other sports. A lifetime sport, racquetball is a fun activity the whole family can participate in.

Pick up a flyer for more information or contact
Connie Barnes at 301-807-9905 or email cbarnes@sportandhealth.com

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