

PICKLEBALL AT PARK VIEW

Tuesdays & Thursdays
1 - 3 pm

Starts September 12!



Drop on by to play Pickleball at Park View!

Two courts available on Tuesdays and Thursdays from 1 - 3 pm.

Paddles and balls provided.
Cost: \$3 drop-in fee
(free with Premium Fitness Membership).

Pickleball is a sport that combines elements of tennis, badminton & ping-pong.

It's easy to learn and it's fun-with many health benefits:

- great cardio workout
- improves dexterity/mobility
- improves agility & balance

Questions? Call 847.388.5430.

