



**Sports & Fitness Center in collaboration with the
Bowling Center invites you to the**

OCTOBER "BOWL" WORKOUT

Bowling is considered a low-impact sport that can help you burn calories as well as work muscles that are not typically used.

Strength training can also improve your balance, coordination, endurance, power, and speed thus may improve your Bowling Game.

Get your game on and take part in this fun exercise alternative!

Wednesday, October 13th at 12 p.m. and 5 p.m.

Thursday, October 14th: 9 a.m. (Golden Age Edition)

\$3 per person



Register at 787-707-3767