

Pickleball Fitness

This racquet specific fitness program can help you avoid injuries and improve your performance on the court.

Exercises provided will help:

- **Strengthen major muscle groups**
- **Improve balance and cardiovascular endurance**
- **Enhance joint flexibility and improve range of motion**
- **Strengthen your core to improve your score!**

Certified Fitness Instructor: Sunny Corona,

American Council on Exercise (ACE)

Certified Safety Professional (CSP)

Former: Nationally ranked competitive table tennis player

Classes are \$10 per class and will be held on Fridays (starting September 30) from 11:20 – noon, at the Little Falls Recreation Center, 160 Paterson Avenue, Little Falls, (973) 256-3884.

A flyer is also available for download at the bottom of this page.

- **Note: This is a fitness class not how to play pickle ball.**

Attendees will need to bring their own light weights.