

## Why Racketball?

First thing to say is that not only is Racketball a lot of fun, it's an excellent form of exercise.

It is a game for all ages and abilities, from total beginner to those who already enjoy a sport.

The game is also loved & played by many a tennis & squash player who want to continue playing competitive sport but have found that age and a lack of mobility have slowed them down. The lower intensity and slower pace of movement required by the player allows older or less agile players to hold longer rallies without the risk of further injury

Whether you are new to indoor rebound racket sports, or an experienced tennis or squash player, this game will offer you a competitive edge and a great workout!



As a great form of aerobic exercise, Racketball is a great 'fat burner', one of the fastest ways to burn calories in a short space of time. The game uses most of the major muscle groups so it's also great for shaping and toning your body. There is less twisting and turning involved than squash which means it tends to be kinder to knee and ankle joints

With so many benefits Racketball then is an exciting alternative to squash, why not embrace a new challenge and come try Racketball