

SPEND SOME FUN TIME WITH FRIENDS & FAMILY! COME BACK TO BOWLING!

Smoke Free Healthy Bowling FUN FACTS:

3 games of bowling = walking 1 mile

The average adult bowler burns 240 calories an hour

Bowlers use 134 muscles during the basic 4 step approach

Bowling is the #1 participant sport in the US & EVERYONE CAN BOWL!



GUY'S & DOLL'S TUESDAY MIXED LEAGUE

**Fun, existing 16 team league looking to expand!
Teams & individuals accepted.**

**4 person teams must have at least 1 man or 1 women
Certified League...Optional Jackpots...\$15.00/week**

Be our guest and come to the meeting Aug 23rd at 6:30pm & bowl
three free games on us with no obligation to join!

First official start date is Sept 6th at 6:30pm

For more details or questions call Joanne @ 734-502-6739

Name: _____ Address: _____
City: _____ Zip: _____ Phone: _____