

PRUSO 8 FREE PRACTICE GAMES!

Fun Competition, Team Sport Where No One Rides The Bench!

coaching and use of all the equipment included

*Pay per-session option available



It is recommended that people get at least 60 minutes of exercise a day every day...

- ✓ Just bowling 2 games completes 40 of your 60 minutes of physical activity...
 Bowl a 3rd game and complete your 60 minutes
- Bowling two games results in walking a half mile using 184 different muscles while swinging around 500 pounds
- ✓Bowling helps to build a healthy mind and body all while being a participant in a team sport

 AND —

The bowling industry awards over \$6 million per year in scholarship money

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