

# PICKLEBALL FITNESS PROGRAM



Calling all Pickleball players! Are you looking for a way to improve your strength, ability, flexibility and stamina while playing Pickleball? Well look no further. CORA Physical Therapy is now offering a Pickleball Fitness program that will do all that and more!

It is easy to get started. Just call CORA Deland at **386-734-9400** to schedule an initial evaluation and we will take it from there. This program is open to both single and group players (group discounts may apply).

Individual Sessions - \$50 per person  
Groups of 2-4 - \$30 per person  
Groups of 5 or more - \$15 per person

**Feel Better, Perform Better, Enjoy the Game Longer!**

