

[Ebook pdf] Shuffleboard, Why Not?

Shuffleboard, Why Not?

John Mataya

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Shuffleboard, *Why Not* ?

Exercise Counts



Achieve :

- Mental Growth
- Physical Activity
- Experience
- Social Interaction
- New Friends
- Continued Life

Begin Today !!

A **SPORT** for both MEN and WOMEN

By: John MATAYA

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SHUFFLEBOARD, WHY NOT? is written for beginning Shuffleboard players who want to improve their game to the best of their individual abilities. Shuffleboard is 85% strategy and 15% physical skill. Exercise counts, and with Shuffleboard you can achieve mental growth, physical activity, experience, social interaction, new friends, and continued life. Play Shuffleboard and have FUN!