

STRENGTH FORE GOLFERS

Session Dates: November 30th - January 8th

Each 60 minute small group training session focuses on developing strength and flexibility in key muscle groups to improve your golf game.



WHEN

Mondays 8:00am-9:00am

Tuesdays: 6:30am-7:30am

Wednesdays: 3:30pm-4:30pm

Thursday: 1:00pm-2:00pm

(1 session per week)

WHERE

TPC Turf

COST

Members: \$69

Non-members: \$99

INSTRUCTOR

Jenna Souhrada

Register at the front desk or by calling (309) 433-9355.