

# STRENGTH FORE GOLFERS

**Session Dates: March 17 - April 21**

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



## WHEN

Choose 1 session per week:  
Wednesdays at 6:30 am  
Wednesdays at 10:00 am  
Wednesdays at 3:30 pm

## WHERE

TPC Turf

## COST

Members: \$69  
Non-members: \$99

## INSTRUCTOR

Jenna Souhrada

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