

STRENGTH FORE GOLFERS

Session Dates: January 18th - February 26th

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



WHEN

Choose your time:

Mondays 8:00am-9:00am

Wednesdays: 3:30pm-4:30pm

(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.