

See improvement in your swing from just 6 weeks of specific strength training!

**NEXT 6-WEEK SESSION:
MARCH 11TH -
APRIL 15TH**

STRENGTH FORE GOLFERS

Choose your session:

MONDAYS
9A - 10A
w/ Alli

WEDNESDAYS
6:30A - 7:30A
w/ Jenna

**Swing Analysis available
with PGA Golf Professional
Stacey Miller***

Pre-analysis

Available Friday 3/8 and 3/15

Post-analysis

Available Friday 4/19 and 4/26

Members:

\$115-1x/wk, \$150-2x/wk

Non-Members:

\$145-1x/wk, \$210-2x/wk

Includes a custom made golf towel!

**REGISTER
NOW!!**



**Previous Swing Analysis sessions recorded improvement in the following areas:*

- Increased range of motion
- Increased core stability for rotationally efficiency
- Improved swing sequence
- Increased ball contact


Health & Fitness Center


TRAINING AND PERFORMANCE CENTER

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