

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

**6-WEEK SPRING SESSION:
MARCH 3RD - APRIL 10TH**

When:

TUESDAYS 10A-11A OR
WEDNESDAYS 4P-5P

Cost:

\$109 Members;

\$139 Non-Members

Includes a custom made golf towel!

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

Pre-analysis - Friday, 2/27

Post-analysis - Friday, 4/10

STRENGTH FORE GOLFERS



**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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