



## RallySport Golf Conditioning Program

Kick off Spring with a fresh approach to your golf swing!

### PROGRAM OUTLINE

#### SESSION 3: Power, Speed and Motor-Skills

**Overview:** Time to use the strong foundation you have built and begin developing golf specific strength and power. Improve club head control and swing speed to truly take your game to the next level.

**Dates:** March 8th - April 15th

**Events:** Leonard's Swing Analysis Clinic  
Thursday, April 22nd, 5:30 or 6:45pm

#### SCHEDULE OPTIONS (2 classes per week)

Mondays: 7:00am

Mon/Wed: 10:00am, 4:30pm, or 5:45pm

Tue/Thurs: 10:00am, 4:30pm, or 5:45pm

#### PROGRAM DETAILS

**Small group classes:**  
5-8 participants, individual attention

**Session length:**  
6 weeks (make-up classes and options available)

**Class length:**  
1 hour classes 2x per week

**Cost:** Members: \$299 per session  
Non-Members: \$349 per session

#### Session 3 Begins March 8th, 2010!

Do you suffer from aching pain after playing a round of golf? Would you like to hit the ball further and more consistently? Would you like to feel as strong on the 18th hole as you did on the first? The missing link in your game is the **RallySport Golf Conditioning Program!**

A golf pro can modify and "tweak" your swing but can he get your body in shape to deliver it? What could you do differently to improve your golf game?

*Sign up today for the RallySport Golf Conditioning Program directed by Erin Carson and Dillon Johnson, certified Golf Fitness Professionals by the Titleist Performance Institute.*

Contact Dillon Johnson for further information and to sign up!  
P 303-928-9007  
E [djohnson@rallysportboulder.com](mailto:djohnson@rallysportboulder.com)

