

# GOLF FITNESS

## In-Season Training



Contact Dillon Johnson for further information and to sign up!  
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## MAINTAINING YOUR FITNESS LEVEL WHEN IT REALLY COUNTS!

### PROGRAM OVERVIEW:

Make the most of the summer golf season by finishing as strong as you start! Our summer Golf (Fitness) Maintenance program is designed to keep you flexible, powerful and consistent all season long. We hope you can be apart of the evolution of golf this season.

Dates: Begins June 4th

Events: Leonard's Swing Analysis

### SCHEDULE OPTIONS (1 or 2 days/week)

Mon/Weds:  
6:45am, 4:30pm, or 5:45pm  
Tue/Thurs:  
10:00am, 4:30pm, or 5:45pm

### SPECIALIZED TRAINING (1 or 2 days/week)

High School & Junior High Training  
Mon/Weds: 4:30pm  
Seniors Training  
Tues/Thurs: 10:00am

### PROGRAM DETAILS

Session length: 6 weeks

Class length: 1 hour classes

Cost: 1 day/week (members): \$170  
2 days/week (members): \$299

1 day/week (non-members): \$185  
2 days/week (non-members): \$349

**10% OFF for Lake Valley Members!**

Traveling? We can customize a program that fits your schedule.



**RallySport**  
Performance Golf

