

golf fitness maintenance

LAST CHANCE UNTIL NOVEMBER!



OVERVIEW:

Take the golf fitness challenge and watch your game and life change: **THE NEW YOU!**

Our summer Golf (Fitness) Maintenance program is designed to keep you flexible, powerful and consistent all season long. The combination of making golf specific fitness gains and practice out on the course is the recipe for success during the season.

Introduce the power of fitness into your golf game and see the new you out on the course, and in your everyday life!

DATES:

August 2nd - September 9th

SCHEDULE OPTIONS:

Mondays: 7:00am

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

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

CLASS SIZE:

Small group classes of 5-8 participants, individual attention

SESSION LENGTH:

6 weeks (make-up classes and customizable options available)

CLASS LENGTH:

1 hour classes

COST:

1 day per week option \$150 (Non-Members: \$175)

2 day per week option \$299 (Non-Members: \$349)

**SESSION 1 SOLD OUT!
RESERVE YOUR SPOT EARLY!**

Contact Dillon for further information and to sign up!

Dillon Johnson, PTAG-CPT, TPI-CGFI :

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