



OFF-SEASON SESSION 2

 **RallySport**
Performance Golf

STRENGTH, RANGE OF MOTION & CONSISTENCY KICKS OFF JANUARY 8TH!

Overview: Phase two focuses on progressing golf specific balance, muscular strength, and continuing mobility. Create the strength needed to facilitate a foundation for power and club head speed. Group setting utilizing cable systems, free weights, balance and other functional movement tools.

Dates: January 8th - February 15th

Class Length:
1hr classes, 2x per week

Session Length:
6 weeks (make-up classes available)

Cost: 2 Classes/week
Members: \$325
Lake Valley Members: \$345
Non-Members: \$375
1 Class/week
Members: \$175
Lake Valley Members: \$189
Non-Members: \$199

REGULAR SCHEDULE OPTIONS (2 classes/wk)

Mon/Weds:
7:00am, 10:00am, 4:30pm, or 5:45pm
Tues/Thurs:
10:00am, 4:30pm, or 5:45pm

SPECIALIZED TRAINING GROUP OPTIONS

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

Contact Dillon for further information and to sign up!

P 303-928-9007

E djohnson@rallysportboulder.com

