

BEGINNING IN SEPTEMBER

GOLF SPECIFIC GROUP

FITNESS CLINICS

SERIOUS OR WONDERING HOW TO BETTER YOUR GOLF GAME?













You need to add this secret weapon to your workout.....

Fitness Sessions are designed to improve your:

*Rotation
Posture
Power
Flexibility
Endurance
Stability
Mobility
Strength
&*

Prevent Injury

AND..... IMPROVE THE 12 Common Swing Faults:

 C- Posture  S-Posture  Loss of Posture  Flat Shoulder Plane  Early Extension
 Over-The-Top  Sway  Slide  Reverse Spine Angle  Hanging Back  Casting/Early Release
 Chicken Winging.....AND MORE

SCHEDULE & FEES

*8:00a.m. 9:00a.m. Monday through Friday
4:00p.m to 5p.m. Monday through Thursday*

Monthly ½ hr. Session: 12 Sessions: \$300.00 (\$25.00)
8 Sessions: \$200.00 (\$25.00)
Per 1 / 2 hr. session: \$28.00

 *Hour and 1/2hr One-On-One Sessions also available*

Space limited to 4-5 persons....BRING A FRIEND(S)

Sign up today to reserve your spot

TO SET APPOINTMENT CALL

BRENDA AT

281-693-2639 713-252-1441