

# **Golf Fitness Class**

The fitness class is held:

**Kentlands Carriage House**

**Mondays and Thursdays  
February 1st to March 25th  
5:10 to 6:00 pm  
\$ 240**

## **Golf Fitness Certifications:**

**Titleist Performance Institute  
(mytpi.com)**

**National Academy of Sport Medicine  
(NASM.org)**

**Kelly Blackburn Fitness  
(kellyblackburn.com)**

Pay for classes online at  
[completephysiqueinc.com](http://completephysiqueinc.com)  
Gift certificates are available.



Register now before class  
is full! Only accepting 8  
golfers.



The golf conditioning program will give you the tools you need to shave strokes from your score. This golf specific workout targets the goals of all passionate golfers. Gain distance off the tee, create more consistency through 18 holes and build more stamina for a strong finish. It will be a very exciting program!

Developing a safe and effective exercise program for a golfer is imperative to help ensure maximal performance with minimal injury.

### **Golf fitness program**

- 1. Flexibility exercises:**  
Address the areas golfers need to increase flexibility and strength-forearm, wrist, triceps, lower back and leg area.
- 2. Stability/Core/Reactive exercises:**  
Exercises that focus on stabilization of the spine, trunk and joints to maintain postural alignment during the golf swing. The exercises in this section will be done in a circuit fashion to increase reactive motor skills.
- 3. Strength and corrective exercises:**  
Strength exercises are used to increase golf performance by increasing club-head speed and drive distance.