

# ***PRE-SEASON GOLF FITNESS CLINIC***

During the off-season, we work on strength, posture, balance, and stability. Now it is time for pre-season, the development of power.

Power is strength at high speed. Since power is dependent upon good coordination, preseason is optimal for coordination drills and is a high priority in your workout.

Core strength and mobility will also be addressed as well.

Date: March 1-April 11

Time: Tues 11:30 am OR 6:30 pm

Fees: \$25 YM \$50 PM