



GOLF PERFORMANCE CONDITIONING PROGRAM

Move Better • Swing Stronger • Play Longer

with PGA • LPGA Master Professional Michele Trimarche

Take your golf game to the next level with a fitness program designed specifically for golfers!

Each session focuses on a different phase of the golf swing from **setup to follow-through** combining **golf-specific exercises, mobility, strength, balance, and flexibility training** to help you:

- ✓ Improve your golf posture and swing mechanics
- ✓ Increase power and distance
- ✓ Enhance balance and stability
- ✓ Move more efficiently throughout your swing
- ✓ Reduce the risk of golf-related injuries
- ✓ Play stronger and enjoy the game longer



SEPTEMBER SESSION DETAILS



Fridays:

September 4 • September 11 • September 18 • September 25



Time: 3:00–4:00 PM



Location: Athletic Center



Investment:

4-Session Program: \$100

or

Individual Session: \$30

Space is limited — reserve your spot today!

Michele Trimarche

PGA • LPGA Master Teaching Professional