

Golf-fit

Swing and Fitness Circuit Training

Golf Training just got a whole lot smarter

Titleist Performance Institute Certified Golf and Fitness Professionals make the difference

You can only perform your best in golf if your body is prepared to do so. The Golf-fit program is designed to combine an efficient use of your time and energy to get the most out of your workouts and practice.

- **Swing & Fitness Circuit Training**
- **Video, 3-D Swing Analysis, & Golf Fitness Screening**
- **Group and Individualized Instruction**
- **Take home practice and workout plans**

When: Thursdays and Saturdays
12:00 to 1:00 PM

Where: Carlsbad Golf Center, south end of range
2711 Haymar Dr. Carlsbad

Cost: **\$249** introductory offer for 8 sessions
(a \$1300 value)

or \$40 for each individual session

Instructor: Sheri Hayes PGA, LPGA, TPI- GP3

Trainer: Brittany Jones ISSA, NESTA, TPI-1

Register: call 619 540 4170 or

email sheri@sherihayesgolf.com

