



GET FIT FOR GOLF

Golf Fitness Class

**Mondays & Fridays at 10:15am in the Health Club
April 1- May 10th (6 weeks)**

Complimentary for Club Members

Back for 2024! Join us for this 45-minute class to prep your body for the upcoming golf season. Golf is a full body game, and this is a full body workout. Get Fit for Golf focuses on improving flexibility, core stability and balance. We use a variety of equipment as this is a multi-level class.

