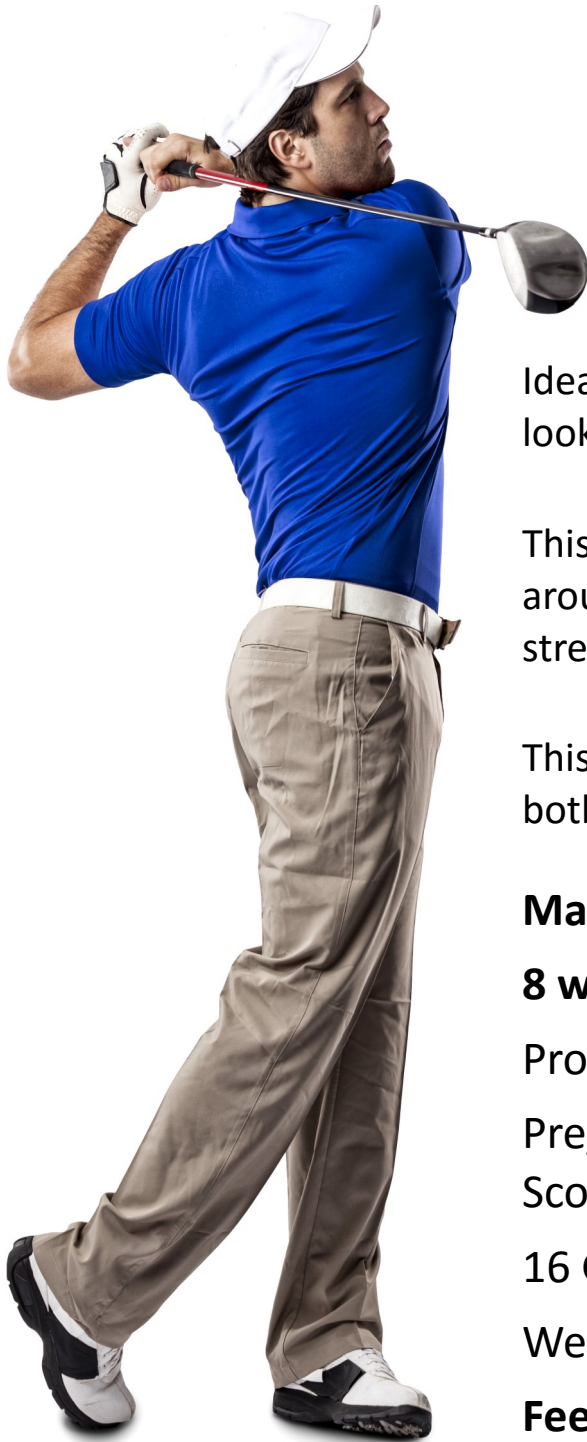




WEYMOUTH
CLUB

More than Fitness... It's a Way of Life!



Golf Fit

Ideal for both amateur and experienced golfers looking to improve their game.

This is a strength training program focused around enhancing your drive distance, core strength and rotational power.

This program will utilize functional movements to both prevent injury and increase performance.

March 20th—May 10th

8 weeks (2 sessions/week)

Program Includes:

Pre/Post Functional Movement Screening Score & TPI Golf-Specific Assessment

16 Group Training Sessions

Weekly Exercise & Mobility Assignments

Fee: Member \$550 Non-Member \$660

To register please contact: Certified Personal Trainer Colby Congel at:

CCongel@weymouthclub.com or call 781-682-5838