



GOLF

FUNCTIONAL PERFORMANCE TRAINING

Elevate your golf game as you become a stronger and more consistent golfer. Improve your swing mobility while you maximize your power and accuracy. This training program utilizes both KINESIS and TRX to unlock your true physical potential, while reducing the risk of injury. The class format is comprehensive yet simple enough for players of all levels. If you pledge to work hard, this system will revolutionize your golf game. Be proactive in the offseason and shoot your lowest scores ever!



Individual OR Small Group Training for GOLF

Using integrated movement patterns that focus on the hip and trunk action, TRX and Kinesis GOLF conditioning will prepare you for your best season ever!

1-on-1 session: just you and your trainer focusing on YOU—\$64 per session.
Small Group 4-6: your group picks the time and day. \$20/person/session.

For more information contact Paulette 519-884-7020 or paulette@northfieldclub.com

NORTHFIELD
RACQUET & FITNESS CLUB