



ATTENTION GOLFERS:



Want to get an edge on the competition this year?



FMWR FITNESS CENTER PRESENTS:

Pre-Season **STRENGTH TRAINING FOR GOLFERS**

An 8 week, 3 phase strength training program tailored to the muscles and movement of golfers

Instructed by Certified Personal Trainer
Felicia Hanes.

Program also includes:

- anytime access to medicus clubs (5 iron & 460cc driver)
- *use of fitness center putting equipment & room
- swing analysis conducted by Dave Cardinale, WP Golf Club Manager and Pro

Beginning

**Monday, February 1st-Thursday, March 25th

Mondays and Wednesdays @ 5:00 pm or

Tuesdays and Thursdays @ 11:45 am

Cost: \$100

(Register at the Fitness Center or
call for more info 938-6490/7060)

*when not in use by FC, **May choose 2 Classes per week

