

810-750-0351



404 Rounds Drive  
Fenton, Mi 48430

## Fenton Fitness & Athletic Center

# Off Season Golf Performance Training



**Get ready for next year's golf season this winter.**

For a strong golf swing, you need rotational power, balance, flexibility, and stability to transfer energy into power. Our golf performance training helps optimize these skills.

Work with the trainers at Fenton Fitness to develop power for farther drives and longer irons while decreasing your risk of pain and injury.

Sessions begin anytime between 12/1/17 and 1/30/18.

## Training Options

### Intensive Training Option

\$265.00 per month for 3 months  
Recommended for higher skilled golfers  
or those with injuries

Includes:

- Two personalized performance based power/mobility sessions per week with a trainer
- One personalized performance based workout per month to perform on your own. New program each month
- Full access to Fenton Fitness and all team training workouts

### Basic Option

\$142.00 per month for 3 months  
Recommended for novice golfers or  
those who are injury free

Includes:

- One personalized performance based workout per month to perform on your own. New program each month
- Full access to Fenton Fitness and all team training workouts.

**10% Off**

**Makes a great  
holiday gift!**

**10% Discount for Spring Meadows  
and Fenton Fitness members.**

**810-750-0351**

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