



GOLF STRENGTH PROGRAM

SWING INTO ACTION

The class will meet twice a week, 45 minutes each day for a month.

Session I
February 5th – February 28th
Tues. & Thurs.
9:05AM – 9:50AM

Session II
March 5th – March 28th
Tues. & Thurs.
9:05AM – 9:50AM

YMCA Member cost: \$35
Non-member cost: \$70

Improve your golf game off the field!

Beyond the golf lessons, practices and golf equipment, there are specific skills that need to be honed to play a proficient game of golf. Good golfers develop flexibility, strength, power, body awareness and core stability. This golf exercise program will work on developing stronger muscles and bones for the entire body with additional focus on the core. A simple, safe, and short routine will accomplish this task. This strength training program will be taught by Karen Saczawa a certified personal trainer. This is a small group personal training class for golfers, offered in the Y's Functional training room. Space is limited.

**Don't neglect one important aspect of your game:
your physical abilities.**

For more information, contact Cindy Agan, at the Westfield YMCA,
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