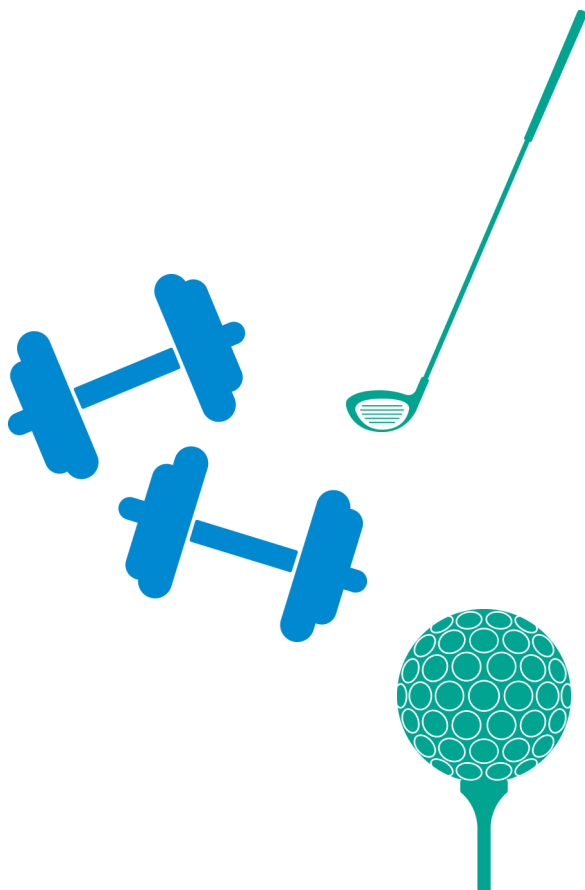




SWING INTO ACTION

Improve your golf game off of the links



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 Chris Schicker, 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,
P. 413.568.8631 E. cagan@westfieldymca.org

There will be a morning class meeting twice a week, or an evening class. Each class will be 30 minutes for a month.

Tues & Thurs
February 4th – February 27th
Time: 9:05AM – 9:35AM

Mon & Wed
February 3rd– February 26th
Time: 6PM–6:30PM

YMCA Member cost: \$45
Non-member cost: \$80



YMCA OF GREATER WESTFIELD
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413.568.8631 | www.westfieldymca.org