



## **GOLF-FIT Evaluation**

**\$39 ea.<sup>1</sup>**

### Description

A complete TPI fitness evaluation that will help identify all limitations that could impact a golfer's swing. Includes a detailed fitness evaluation report, a *Golf fitness handicap* and 9-week access to a personalized workout on MyTPI.com.

## **GOLF-FIT Classes**

**\$79 ea.<sup>1</sup>**

### Description

Four (4) 50-min group instruction classes with emphasis on improving the golf swing through better fitness. Each class will consist of fitness screens, a series of exercises to improve strength and mobility, and hitting golf balls to apply some key learnings.

#### **2015 - Session 1 Dates & Times**

January 10 Group 1: 3:00PM - 3:50PM  
January 17 Group 2: 4:00PM - 4:50PM  
January 24  
January 31

#### **2015 - Session 2 Dates & Times**

February 7 Group 3: 3:00PM - 3:50PM  
February 14 Group 4: 4:00PM - 4:50PM  
February 21  
February 28

#### **2015 - Session 3 Dates & Times**

March 7 Group 5: 3:00PM - 3:50PM  
March 14 Group 6: 4:00PM - 4:50PM  
March 21  
March 28

<sup>1</sup>HST not included

## Instructor

Dan Houle is **TPI Certified Level-3 Golf Mechanic** and **Golf Fitness Instructor**. He trained in Oceanside (CA) and Orlando (FL) with TPI co-founders **Dr. Greg Rose** and **Dave Philips**.



Dan is also a technical adviser to **K-Motion Interactive**, the developers of the **K-VEST 3D Swing Analysis** platform.



#### **MORE INFORMATION:**

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