

GOLF OFFSEASON GROUP TRAINING

TUESDAYS & THURSDAYS

3PM - 4PM

FEB 24TH - MARCH 12TH

Build power where it matters most—your core. This offseason group fitness class is designed specifically for golfers, focusing on strengthening the core and obliques while improving hip and shoulder flexibility. Through targeted strength training and mobility work, you'll enhance rotation, stability, and range of motion to support a stronger, more efficient swing and help reduce injury risk before the season begins. Group meets twice per week.

Members: \$50

Non Members: \$60

**For more info or to register,
call 610-332-1900.**

