

# Fit 'Fore' Golf



Don't wait for the warm weather to get yourself in the best GOLF shape ever. Work on flexibility, balance, core strength and endurance. Join Golf Pros Greg McCullough and Lisa Schwinden in this 6 week training program as they too will be getting fit for the upcoming season.

**Never hit it "fat" again!!!**

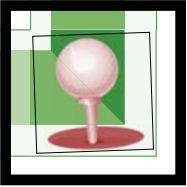
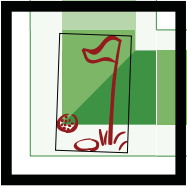
## February 23<sup>rd</sup> - April 1<sup>st</sup>

Women: Mondays and Wednesdays  
 Men: Tuesdays and Thursdays  
 Time: 5:30am - 6:15am or 6:30pm - 7:15pm  
 Members: \$150  
 Non Members: \$200



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GET FIT. FEEL BETTER. HAVE FUN.