

fitness

at the
Sabes JCC



Fitness Fore Golf

DAY/TIME: Wednesdays • 5:30 - 6:30 PM

LOCATION: Sabes JCC

COST: \$94 • \$72 Member Value Price

4-WEEK SESSIONS:

Session 1: March 6 - 26

Session 2: April 3 - May 1

Session 3: May 8 - 29

*additional days & times will continue to form as small groups of 3 or more express interest

Your physical fitness is related to your golf performance:

- Most casual golfers who experience pain assume there's something wrong with their swing. While poor swing mechanics might be the cause, it's more likely a sign of weaknesses and inflexibility.
- Developing strong, pliable muscles in your abdominals, hips, glutes and lower back, in combination with balance and mobility is essential to executing a golf swing that is both powerful and technically sound.
- Golf is ballistic, involving sudden moments of exertion. It's also one-sided as a player swings 75 to 100 times from one side of the body, which can often create muscle imbalances and overuse injuries.

This 4-week specialized session will give you the focus and programming guidance off-the-course you need, to assist in developing balance, mobility and total body strength as it relates to the overall golf swing.

Questions? Contact Kevin Heck at kheck@sabesjcc.org.

sabesjcc.org



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