



GOLF FITNESS
Greensboro, NC



FALL 8-WEEK GOLF TRAINING PROGRAM

Sessions Available:	October 6 th	4 – 5 pm	5 – 6 pm	6 – 7 pm	7 – 8 pm
@ Bur-Mil Park	October 7 th	4 – 5 pm	5 – 6 pm	6 – 7 pm	7 – 8 pm
	October 8 th	4 – 5 pm	5 – 6 pm	6 – 7 pm	7 – 8 pm

Program Details:

- 8 Week Fitness Program
- Pre & Post TPI Personal Fitness Evaluation
- Personalized Fitness work-out
- Access to the TPI web site to monitor your progress
- Strength training at the Precision Fitness Studio
- Cardio workout
- Pre round stretching routine including 2 minute drill
- Balance frills for timing, tempo and rhythm

Fees:	Once A Week Training <i>(PGS Students Receive \$40 discount)</i>	Twice A Week Training <i>(PGS Students Receive \$80 discount)</i>
	One on One \$ 520	One on One \$ 880
	Two Players \$ 360 / player	Two Players \$ 640 / player
	Three Players \$ 320 / player	Three Players \$ 560 / player
	Four Players \$ 280 / player	Four Players \$ 440 / player

Registration: Each session is limited to a maximum of 4 players. Spaces are booked on a first come, first serve basis. Please call 336-510-4653 to register today or email Ted with your questions at tbonham@precisiongolfschool.com.