

Junior Golf Fitness

Golf is not just a seasonal sport any more. It is time to start preparing for the 2013 season with Jr. Golf Fitness. The hour class will include circuit training and group exercises that will focus on:

- Athletic Development
- Speed
- Agility
- Stability
- Mobility
- Strength



Dates and Times

Day	Date	Time
Wednesday	2/6, 2/13, 2/20	4:15 pm - 5:15 pm
Saturday	2/9, 2/16, 2/23	1pm-2pm

Instructors: Lynne Hunter and Scott Shapin (both are Titleist Performance Institute Certified Golf Fitness Instructors)

Cost: Sign up for each individual class, package discounts available \$25 per class or a series of five for \$115

Minimum of 4 children, maximum 10 children

*Classes are subject to cancellation.



***Email Scott Shapin if you would like to register at
scott@kenwoodcc.net***