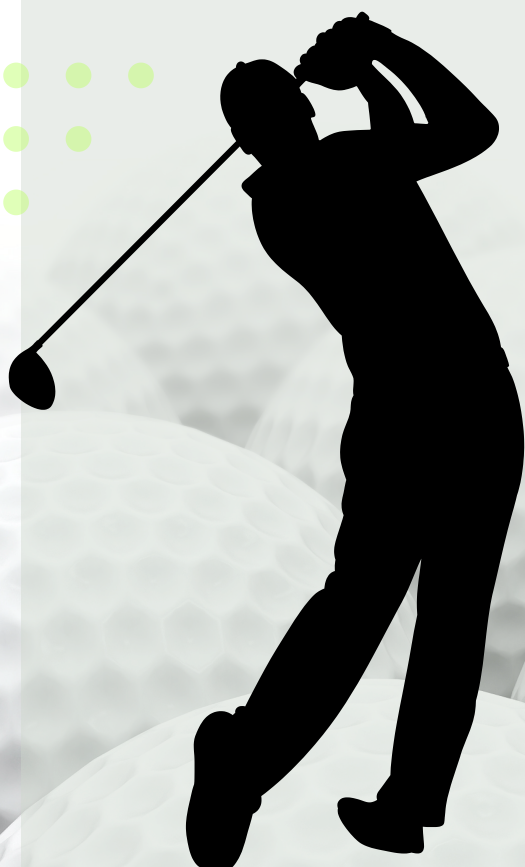




Instructor
Britni Gielow

Class Schedule
**Tuesdays 9:15-
10:00am**
**November 28,
December 5, 12, 19.**

Cost
\$12.00 per class /
\$48 for all sessions



JOIN US FOR CARDIO GOLF

Cardiogolf workout routines combine swing drills and general functional exercises. Some of the exercises will require, small hand weights, stretch band or medicine balls, and all the exercises can be modified. In a Cardiogolf workout, you will learn golf specific warm ups, exercises for strength, flexibility and endurance, swing drills for more power and speed, and fixes for swing faults.

It accommodates every golfer regardless of gender, age and skill level or fitness level. Cardiogolf is a unique 'holistic' approach to improving your golf game. You know you need to exercise for better health, so why not work at your golf game at the same time?

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