

Golf Training

This is a 5-week training program geared specifically towards golfers. Training sessions will focus on core strength, flexibility, and other sport specific exercise.

Date: April 6, 2010 (5 weeks)
Meets: Tuesdays & Thursdays
Time: 5:30-6:00pm
Cost: \$80 (members);
\$100 (non-members)

For more information on golf training or any other sports performance packages please contact Jacob Henn at 610-376-2100 x 237 or jhenn@bodyzonesports.com

