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Tentative Start Date for In-Person Programming

Dear Members:

Welcome to another exciting week at The Turn. You have all received an email earlier in the week announcing our tentative plans to resume in-person programming at The Turn, with a target date of Monday, March 1. Once in-person programming resumes we will continue to offer a virtual programming option for those that are unable to attend in-person. As a reminder, we need all members to contact Shellie and let her know how you plan on attending programming once in-person programming resumes.

The sooner you respond the sooner we can prepare. Email Shellie at smcquaid@jointheturn.org or call/text her at 216-288-7793.

[Click here to view the Indoor Programming Policies.](#)

For in-person programming, we will try our best to keep the days and times for each member as close as possible to their previous schedule, however we cannot guarantee anything at this time. In-person programming will also continue to follow the previous bi-weekly schedule with all members being assigned to either Group A or Group B. *All members attending in-person programming will be contacted and given their group assignment, session time and start date.

We are still looking to hear what you enjoy the most and if there is anything you would like to see added or certain topics related to golf, fitness or wellness that you would hope to learn more about. Please email your feedback to Trevor at thazen@jointheturn.org.

Also, this is the Thursday The Turn is offering the first installment of our annual Educational Guest Speaker series. Zoom in on February 18th at 11:00 AM. To hear our own Yoga Instructor Judith Eugene discuss:

Introduction to Holistic Health Care

Members will learn about the physical, mental and emotional benefits of yoga, Tai Chi, Reiki, Feng Shui and meditation. Learn how these different techniques help to improve health and well-being, as well as promote relaxation and stress-relief.

We feel that all Turn Members will benefit from this program so we hope that you will join us for this special event. If interested, please register by contacting Shellie.

Your optional list of items for this week includes:

Sturdy Chair

Weights/exercise band/soup cans

Water

Golf Clubs (Iron and Putter)

Lightweight Ball (soccer or volleyball for example)

Golf Ball

We can't wait to see you this week-

The Turn Staff

Weekly Fitness Focus Upper Body Stability

This week we will be discussing upper body stability and how you can develop or enhance it to improve your lever system and build a more consistent and efficient golf swing, and most of all, prevent injury.

Stability is defined as the ability of any system to remain unchanged or remain aligned in the presence of change or outside forces. That may be a mouthful, but essentially in golf it means the ability of certain body regions to stay still against external forces. As you know in the golf swing, there are a lot of forces generated from the moment you start your take-away and remaining stable in some areas of the body and mobile in others, is of utmost importance if you are going to make an efficient golf swing. Those joints that should stay still, allow for the lever system to work properly. If they cannot remain stable, there may be a breakdown in the swing and likely a few compensations that could result in bad shots and worst of all, repetitive stress and injury.

A few weeks ago we showed you ways to test mobility of the upper body and demonstrated some exercises to help improve that mobility. This week, we will look at how to improve stability of similar regions in the upper body.

So, join us this week on a Zoom call and find out what that means for you. Please bring a band or weights and a club and your water bottle! See you then.

Weekly Golf Focus The Lever System

This week we will focus on the Lever System in your golf swing. There are 3 levers we use during the swing - Arm to club, Wrist Hinge, and Bending of the Lead Arm. Gaining a better understanding of how the different levers can apply to your game can help you create more power and control.

Jump one or more of our Zoom clinics this week to find out what each lever means and how they apply to both your long and short game. If you'd like to follow along you may bring the following items

Lightweight Ball (soccer or volleyball for example)
Clubs (iron and putter)

If you do not have any of those items don't worry, you can still watch and learn!