

[like us on facebook!](#)jointheturn.org**In Person Date MARCH 1!**

Dear Members:

Welcome to another exciting week at The Turn. You should all be aware by now that we are planning 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. We have asked all members to contact Shellie to let her know how and when you plan on returning and most of you have done so. For those who have not, we need to hear from you before the end of the month in order to continue to hold your spot.

Any member we have not heard from by March 1 will be taken off the active roster to make room for new members who have been on a wait list. Any members who drop off the active roster will have the option of returning at a later date, but they must reapply for membership and they may end up on a waitlist or in a different session. The sooner you respond the sooner we can prepare. [Email Shellie at smcquaid@jointheturn.org](mailto:smcquaid@jointheturn.org) or [call/text her at 216-288-7793](tel: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.

Thank you to all the members who attended the first installment of our annual Educational Guest Speaker series with Judith Eugene, discussing Introduction to Holistic Health Care. It was very educational and we thank Judith for presenting and we thank all of you for attending.

Items you will need for class this week:

Sturdy Chair
Weights/exercise band/soup cans
Water
Golf Clubs (Iron and Putter)
Lightweight Ball (soccer or volleyball for example)
Golf Ball
Rolled up Towel

We can't wait to see you this week-

The Turn Staff

Weekly Fitness Focus The King of Golf

When you think about the king of golf, you immediately think about Arnold Palmer. Sorry Arnie. The combination of all three of our gluteal muscles, reign over everything. They are the key to stability in the lower body and transferring energy from the ground up. Most of us sit the majority of the day. The result is weakening and lengthening of the gluteal muscles. The result leads to our inability to recruit these muscles during the golf swing. Loss of gluteal muscle action can lead to poor swing mechanics and injury, the most common being low back injuries.

Every golfer needs to increase their lower stability. The simplest assessment is by testing the golfer's ability to separate upper and lower body rotation with and without hands-on stabilization of the pelvis and shoulders. If there is a visible improvement and the golfer states it "feels" like they improved, then stability is lacking. Several other tests can be used to determine the stability of the gluteal muscles, however, it doesn't change the focus of all golf fitness programs.

This week's golf fitness focus will review our disassociation assessment with and without hands on stability. The fitness team will demonstrate several stability exercises you can perform at home. See you in the Zoom Room. Optional fitness items are:

- **Sturdy chair**
- **Weights and/or exercise bands**
- **Water**
- **Lastly, bring your Glutes!**

Weekly Golf Focus "Center" of Attention

This week we will be focusing on your weight shift and swing center. As we shift our weight away from our target in the backswing and then towards our target in the forward swing, we must be aware of our swing center. Believe it or not our swing center can move six different ways so we need to understand the affects it can have on our golf swings. If we are not rotation around a certain point then our weight shift will be more of a sway, and more of a sway means an inconsistent shot. While most of use will have our swing center in the center of our sternum, others who are not able to transfer as much will have a swing center closer to their dominant side. A proper weight shift will increase power in your shots and increase trajectory.

If you would like to following along with our drills please have the following with you:

- **A rolled up towel**
- **Club**
- **Ball (soccer ball or volley ball)**

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