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Labor Day REMINDER

There will be NO regular programming the week of Labor Day

Monday - September 6th NO CLASS

Tuesday - September 7th Play Day (10 spots available)

Wednesday - September 8th - Bocce Ball (6 spots available)

Sign up on Vagaro or email Shellie

Fitness News

Weight Management

The fitness staff has charted members' weights for as long as I can remember. Tracking was discontinued when we moved to Zoom and then outdoor only programming. Many of you have asked when we would start tracking again. We are going to step on the scale in the next coming weeks and keep tracking every other month. For those of you who use wheelchair scales, you can report what your weight was on your last doctor visit. We use this information, in part, to show progress toward our Turn program goals which include overall fitness and wellness. Some of the information is utilized when we apply for grants.

Golf News

Follow-thru, Hip Bump and \$\$\$ Yardages

This week's golf focus is in three different areas: The follow-thru, the hip bump and "Money" yardages. Our goal is to help Turn members gain an understanding of the relationship of the hip-bump and the follow-thru and the important roles that they play in a successful golf swing. We will also help show the relationship these factors have on achieving full extension and connection. We will also be working with members on determining a couple "Money" yardages. These are certain length shots that you can consistently produce, especially under pressure

Clubs to bring:

1-2 wedges

Mid-iron

Fairway wood or hybrid