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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 (FULL)

Wednesday - September 8th - Bocce Ball

Sign up on Vagaro or email Shellie

Don't Forget our Weekly Yoga Classes!

9:00 - Stand 10:00 - Chair 11:00 - Chair

Fitness News

We're Watching You!

During our play days during Core Programming, the fitness, golf staff and volunteers team up to take groups out on the course. A play day is very helpful for both staff and volunteers because we finally get to talk behind the scenes about your individual golf skills on the course. The fitness team gets to observe your swing and see if you are utilizing your physical abilities to produce your most efficient swing. We also talk to the golf team and let them know why they might see some of your swing characteristics that they would like to improve. As an example, if you have limitations in your ability to weight shift, the team might observe you moving your hips laterally (sway and slide) instead of rotating. On course observation can also help the golf fitness team build a better individualized golf specific exercise program to maximize your golf abilities.

Golf News

PLAY DAY

This week we will be on the course for the entire session. As the season is winding down and (dare we say it!) the weather starts changing, we will start to have a few more play days during the clinics. When you are out on the course make sure to be aware of a few things...

Play Ready Golf

Make sure you are aligned properly

Money Yardages

AND...HAVE FUN!!!

You'd be surprised how much better you will play!

Bring your whole set of clubs, if you need to borrow any we will have some on hand