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## Upcoming Events

### **Wednesday Oct. 13 - Pumpkin Floral Arrangements 1:00**

make your own fall floral arrangement out of a pumpkin! Few spots available

### **Friday Oct. 22 - Trick or Treat Golf 6:15**

Golf is SOLD OUT, but you can still volunteer to pass out candy!

### **Monday Oct. 25 - NO CLASS**

### **Tuesday Oct. 26 - Play Day 10:00**

### **Wednesday Oct. 27 - Bocce Ball 10:00**

**Space is limited sign up on Vagaro or email Shellie.**

## Fitness News

### Rotation Station

Many of our Golf Fitness lessons focus on mobility of our upper and lower body. During the next lesson, we will teach you how to assess your own upper body rotation so that you can track your own progress. Every member should be working on rotation on a regular basis so that, from a motivational perspective, you know if you are losing, maintaining or gaining mobility

## Golf News

### Centeredness of Contact

Ever wonder what we say when we tell you you've hit the "sweet spot"? It's the center of the clubface where the ball has the most jump and will go the farthest. We will work with you on making sure you are getting more consistent with your centeredness of contact with each swing!

That being said...WEATHER DEPENDING we will take advantage of the nice days and do a play day since the season is winding down. To be safe, bring your whole set of clubs!