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Join our Fitness Team for some extra fitness sessions!

Fitness with Lexi

a fun interactive fitness class in the Activity Center

Wednesday November 17th 3:30-4:30

Fitness with Gina

A bonus weekly opportunity

to improve your fitness in the fitness center

Every Wednesday 8:45-9:45



Fitness News

Dynamic Balance

By Lexi Larson

This week, we will be expanding on our knowledge of balance, by specifically looking at dynamic balance; which refers to a persons ability to maintain an upright position while moving. Both static and dynamic balance are important for performing different activities. Some examples include walking, running, going from a sitting to standing position in the paramobile, and of course swinging a golf club. Having good dynamic balance requires a person to have endurance, strength, and reaction time.

Poor dynamic balance can result in a fall and can also greatly affect your golf game. During this week’s fitness lesson, we will be going over ways to test and improve your dynamic balance! Sure sounds like a great time, can’t wait to see you all there!

Golf News

Stance/Posture (Full Swing)

By Erin Craig

When making a bigger swing, our stance and posture will change to compensate for the increase moving parts we will have. Because we all are different, not everyone stance and posture will be the same. We will work with you individually to make sure we maximize everyone’s full potential.

This week bring with you a putter, 9 iron, driver/wood