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jointeturn.org

**Valentine's Day  
Winter Formal**

**February 11  
6:00-10:00**

**Avon Oaks  
Country Club**



**\$50 per person**  
RSVP to Shellie by Jan. 24th

## **Zoom Sessions** (through Jan. 23rd)

Join us **Monday, Tuesday and Wednesday at 10:00-11:00**  
**(5:00-6:00 Monday Only)** for your weekly Turn Class!

*Links will also be emailed out the morning of the class*

Yoga will be conducted virtually at the regular scheduled times

**Thursdays at 9:00, 10:00 & 11:00**

*Please sign-up on Vagaro if you would like to join in!*

Virtual Session of Engage in Fitness with Lexi will also take place on  
**Wednesdays from 3:30-4:30**

*Sign-up in Vagaro to attend!*

## Virtual Fitness - How Mobility Influences Your Golf Game

Is one of your goals to hit the golf ball straighter, further and avoid slicing into another fairway? Do you want to prevent injuries? Do you want to perform functional tasks more easily at home? If you said yes, then Zoom into the golf clinic this week to learn how to perform an individual assessment and exercises to improve your mobility.

Our focus this week will be on upper body mobility which is a combination of joint range of motion and muscle flexibility. We will target your neck, upper back, and shoulders. Hitting the golf ball fat, slicing or hooking, for instance, can be caused by a lack of mobility.

Disabilities, changes in bone and muscle structure due to aging, and surgeries can affect your mobility. Our golf pros can build a swing around limitations that cannot be changed such as a bone fusion or lack of movement in a prosthetic leg.

**Zoom Session** – You will need a sturdy firm chair, light weight or light tension exercise bands, a foam pillow or foam ball and water. If you do not have light weights, you can use soup cans or just follow the motions.

## Virtual Golf - Posture & Weight Distribution

Posture and weight distribution are great things you can work on inside! You can use simple household items to help improve your golf game. The correct posture will give you the most consistent swings and ball striking. Proper weight distribution will help with the centeredness of contact we talked about last week.

Things to have during the session:

Iron

Mirror

Rolled up Towel