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This week we return to in-person programming at The Turn. Please arrive for your regularly scheduled clinic session and please remember that masks are required for anyone attending programming. We look forward to seeing you all this week!

Check out our winter extracurricular classes!

Engage in Fitness with Lexi - Mondays 3:30-4:30 in the Activity Room

Open Gym with Gina - Wednesdays 8:45-9:45 in the Fitness Room

****All Open/Simulator times will start Feb. 7th****

Open Play on the Simulators

Monday 3:30-4:30 Tuesday & Wednesday 12:30-2:00

Golf Social - Thursday 11:00-12:30

Simulator Social - Friday 10:30-12:00

Open Range - Thursday 1:30-2:30 & Friday 1:00-2:00

Art Therapy - Tuesday February 8th, 1:00-2:00

Please sign up on Vagaro for all events above

**Valentine's Day
Winter Formal**

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

**Avon Oaks
Country Club**

\$50 per person

RSVP to Shellie by Jan. 24th

Weekly Fitness Clinic - Mobility Round 2

This week, the golf fitness team will focus on lower body mobility. Increased joint range of motion and muscle flexibility can improve daily function, eliminate unwanted golf swing characteristics, and most of all, prevent injury. Mobility may become limited due to physical disabilities, changes in bone and muscle structures due to aging, surgical interventions, prosthetics, leading a sedentary lifestyle, among other reasons. Golfers must target their hip and ankle mobility. When factors exist that cannot be changed, our golf pros may have to modify a member's golf swing.

This week, we will demonstrate how the fitness team assesses lower body mobility and guide you through a self-assessment. We will emphasize some of our weekly chair exercises that target the hips and ankles. For members using single rider carts, we will also check in with forearm and wrist mobility.

Weekly Golf Clinic - Ball Position

Ball position is important to making sure you hit the ball consistently every time. Not everyone will have the same ball position, it is based on trying to achieve your best individual centeredness of contact. We will work from the putter all the way up to your driver and explain why each club may or may not have a different ball position

Clubs to Bring:

Putter

9, 8 or 7, iron

Driver/wood