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We are excited to offer a variety of new programming opportunities beginning this week. We encourage all Turn members to take advantage of all of these great programs. Now that our extracurricular program schedule is about to begin we would like to remind all Turn members of a couple things:

When registering for programs through Vagaro please double check that you have closed out your CART as the final step. If the class you sign up for remains in your CART, the registration has yet to go through. Please contact the Turn staff with any questions.

Please show consideration to your fellow Turn members and try your best to on time for all programs. Being on time will allow programs to run smoothly and will ensure that all members will have the best experience.

If you cannot make a program that you are registered for, please take the time to officially cancel through Vagaro or by contacting Shellie. That vacant spot should be available for another member.

**We appreciate you help in these areas as we continue to try to provide the best programming experiences for our Turn members.**

**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

## Weekly Fitness Focus Springing Into Action

In January, members assessed their mobility in their upper and lower body. This week we will use our rotation mobility trying to separate our shoulder turn from our hip turn. This separation is called disassociation. This is the first step in turning our bodies into springs as we coil up during the backswing and uncoil during the downswing.

## Weekly Golf Focus Rotation Determines Swing Plane

We are finally getting into your in-swing fundamentals! This week we will be working on your rotation and how that affects your swing plane. Not every member will be able to rotate the same, so we will work with you individually to determine your greatest rotation and the swing plane you will be swinging on.

### Clubs to Bring:

Putter

Your favorite Iron

Wood/Driver