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# Playing THROUGH

jointheturn.org

## Night at the Races



**Friday April 22**  
**5:00-10:00pm**

**Donauschwaben's German-American Club**  
**7370 Columbia Rd.**  
**Olmsted Falls**



**WE NEED WINE!**

**We are looking for bottles of wine for our wine pull!**  
**Bottles must be greater than \$12 in value**

**Email Shellie at [smcquaid@jointheturn.org](mailto:smcquaid@jointheturn.org) for more information**

### Weekly Fitness Focus - Strengthening Techniques

Our last lesson identified the importance of incorporating a strength program in your exercise routine at least 2 days per week. Factors such as age, medical status, and medications should be discussed with your healthcare provider before beginning any exercise program.

This week, our golf fitness staff will teach you basics of a strength exercise program including where to begin and how to progress. We will review proper techniques such as breathing and appropriate range of motion. We will review the definition of terms like reps and sets that we use in our core sessions. Lastly, we will teach you how to avoid injury during your strength work out.

**The first three members that send me an example of their current weekly exercise routine will win a "Major Award"! All Turn fitness programs can be included in your routine.**

**[gbabinec@jointheturn.org](mailto:gbabinec@jointheturn.org)**

### Weekly Golf Focus Release the Power

Last week we discussed the importance of impact and how it affects your ball flight. This week we will continue on that note and discuss your release. A proper release allows the club to remain on plane/on the arc. It creates a ton of power and allows physics to help you. A proper release will also help lead to a square clubface which will create a more consistent swing. Join us this week as we help you release your most consistent swing EVER!

#### Clubs to Bring:

- Putter
- Wedge
- Iron/Hybrid/Wood