

**Wharton Center and Turn**

**OPEN  
HOUSE**

**Saturday April 9th 9:00-12:00**

**Invite your friends, family, physical therapist..etc  
to come check out our facilities and  
meet our staff!**

**for more info contact**

**Karen Tigue at [ktigue@jointheturn.org](mailto:ktigue@jointheturn.org)**

**\*\*\*REMINDER\*\*\***

**There will be NO CLASS  
Monday April 18th -  
Wednesday April 20th.**

**Please check Vagaro and  
watch in the Newsletter  
for other optional  
programming that week**

**Weekly Fitness Focus  
Time to Get Hip**

During the golf swing your lower body is static as you address the ball. Depending on the shot, your weight distribution may not be equal.

During the dynamic part of the golf swing, weight is transferred to the back leg during the backswing and then transfers to the lead leg during the downswing and follow through.

We have spent the last three months improving our flexibility and stability. This week, we will review exercises and proper lower body movements during the golf swing emphasizing rotation vs. lateral movement (slide and sway).

**Weekly Golf Focus  
Hip Bump**

The hip bump is the action that should start everyone's downswing. It is releasing the power from the back side onto the front side during the swing. If you are not able to generate a hip bump try feeling it more in the shoulders. No matter what feeling you are able to achieve, we want the power finishing through the ball. This will help with a proper follow through giving you the best chance for success in the golf swing.

**Clubs to Bring:**

Putter  
Wedge  
Iron