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REMINDERS

As the weather starts getting nicer, please make sure to watch for the arrow when pulling into the complex. An arrow pointing straight ahead means we will be outside for golf and meet on the patio/clubhouse. An arrow pointing to the left means we will be inside.

There will be NO regular programming the week of April 18th.

UPCOMING EVENTS

Turn Scrambles - Mondays (weather permitting) 1:30-2:30 a fun scramble with your fellow Turn members & staff

Engage in Fitness - Mondays 3:30-4:30

Open Gym - Wednesdays 8:45-9:45

Golf Socials - Thursdays 11:00-12:30 a friendly short game competition

Bench Painting Wednesday April 13 1:30-3:30

help us beautify the course by painting the benches for the tee boxes!

Outdoor Play Day - Tuesday April 19 10:30-11:30

Bocce Ball - Wednesday April 20 10:30-11:30

Weekly Fitness Focus

Stretch Band Warm-Ups with Jeff Houser

Last week we covered dynamic and static stretching and explained the difference between the two and when to utilize each. This week we're going to dive in a bit more to dynamic stretching and include the use of stretch-bands in our exercise. The use of bands helps to stabilize the joints that are involved in a particular stretch, which in turn often allows you to stretch a little bit further and more deeply. This can result in better overall flexibility. We will review golf-specific stretching exercises and will see how these stretches can help improve our mobility and lead to a more optimal swing.

Weekly Golf Focus

Position (at the top)

The position your club is in at the top of your backswing is very important to how you strike the ball. We talk a lot about making an "L" with your club and forearm. That little hinge will allow you to have a steeper angle as you are coming into impact, allowing the ball to get higher in the air. The longer the club gets, the more laid off we would like to see the position at the top. The shorter the club, the steeper we need to be.

Clubs to Bring:

Putter

Iron

Wood/Driver