

## UPCOMING EVENTS

**Clubhouse Beautification** - Wednesday June 8th

*Help plant flowers and make the clubhouse beautiful*

**The Turn Community Club** - Friday June 10th

## JOIN THE TURN OUTING

### JUNE 25th!

*"The next best day to Christmas!"*

*Email Shellie for more information*

### Weekly Fitness Focus Remember to Breathe!

We all know that breathing is essential to life, but did you know that dysfunctional breathing patterns can be detrimental to your overall health and your golf game!? Find out how breathing exercises and drawing awareness can improve your health, reduce stress, improve your posture, and maybe even allow you to hit the ball a little more consistently.

### Weekly Golf Focus Don't be so Tense

We refer to it as the golf swing for a reason. You should be more focused on swinging the club rather than hitting the ball. The ball getting hit is a result of you swinging the club properly. Tension in the swing starts with your grip. We will go over some keys you can look for in your set up and swing to help release some of that tension.

#### Clubs to Bring:

Hybrid  
Iron