



CARDIO GOLF

With Britni Gielow

**BENEFICIAL
FOR GOLFERS OF ALL
SKILL LEVELS**

Join us at 9 am on,

October 31st
November 7th
November 14th
November 21st

\$12 per class



**THIS CLASS WILL TARGET MOVEMENTS
THAT ELEVATE YOUR GOLF TECHNIQUE**

Call to Register :
616-847-5858

golf specific movement for warm ups, exercises for strength, flexibility and endurance, swing drills for more power and speed.



Spring Lake Fitness and Aquatic Center
16140 148th Ave Spring Lake, MI 49456