



Early Season Golf Tactics

A four-week class where you'll learn golf-specific stretching and strengthening exercises to get your body in shape for the upcoming season. All students will have their swing analyzed via Fort HealthCare's Motion Pro video analysis system. Tips for indoor and outdoor work on swing mechanics will be provided while you hit balls at our indoor golf cage. Stay on top of your game this winter season!

Register Today!

Dates:

Mondays, March 7 – 28

Time:

5:30 – 7pm

Location:

Therapy and Sport Center
1504 Madison Avenue
Fort Atkinson, WI 53538

Instructor:

Brian Meitner, LAT, USGT

Cost:

\$30/Person

Limit:

10 students

Registration:

FortHealthCare.com/Classes
(920) 568-5244

