

Get fit with GolfFit



GolfFit comes Full Circuit!

Resident Fairwinds' PGA of Canada Professional Brett Standerwick returns with his GolfFit program. Designed with the help of his wife Lesley, a Kinesiologist and Personal Trainer, GolfFit is a strength and conditioning circuit class focusing on golf specific muscles and movements. It also includes some golf instruction utilizing video swing-analysis and an indoor hitting area.

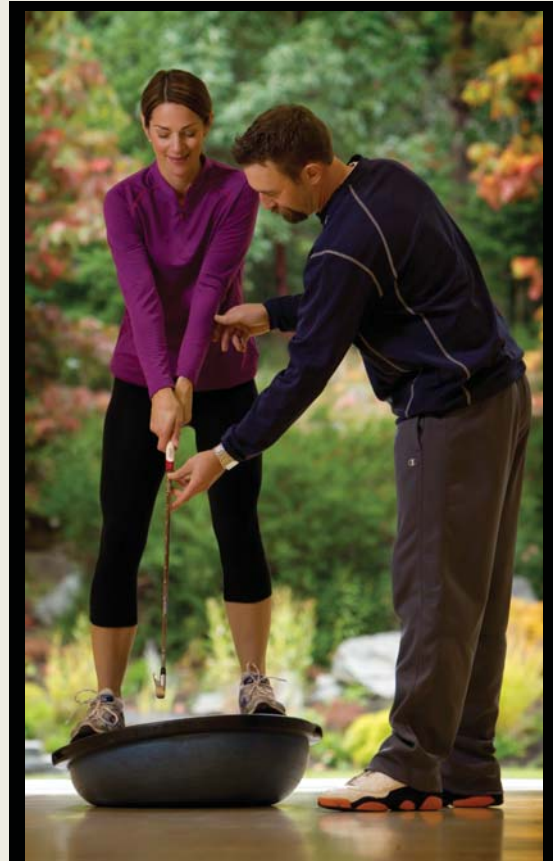
Come out - Get Fit - Have Fun

and get a jump on your game this season.

Location: Multi-purpose room at Fairwinds Centre

Time: 11:00am - 12:00pm

Date: Tuesdays and Thursdays
Starting on Tuesday, February 7th



This class is free to anyone who holds both a 2012 Annual Pass or Fairwinds Golf Club Membership and a Fairwinds Centre Membership.

10-Punch Card (FWCentre or Golf Club Members)	\$60
10-Punch Card (Non-member)	\$99
FWCentre or Golf Club Member Drop-In	\$8
Non-member Drop-In	\$12