

# GET GAME READY

## JOIN OUR YOGA & GOLF TRAINING PROGRAM

Stay flexible and golf ready with our Fall Yoga & Golf training program. The yoga training is designed to increase flexibility and range of motion along with improving your core strength. The golf instruction will help fine-tune your swing to your new flexibility as you learn how to eliminate strokes on your card. Yoga will take place in our GG Conn Pavilion. Golf instruction will be at the Toptracer Range.

### THE TRAINING

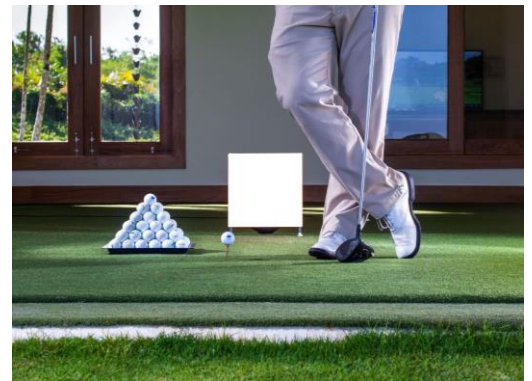


#### YOGA INSTRUCTION LEAD BY SYLVIA THOMAS

Sylvia Thomas, a certified SIYI instructor, began her yoga studies in 1990 as a way to de-stress her life, learn ways to adapt to chronic low back pain and maintain a healthier lifestyle. Since that time, she has traveled the United States to further her training and currently teaches several classes in Burlington and Ft. Madison.

#### GOLF INSTRUCTION LEAD BY SPIRIT HOLLOW PGA GOLF PROFESSIONALS

Class A PGA Professionals Brian Lorenz and Brian Kuddes will share their knowledge and expertise to help you improve your golf game. From the fundamentals of grip, stance and swing to more advanced instruction, these professionals will help you eliminate strokes and improve your score.



### THE SCHEDULE

#### **6-WEEK TRAINING PROGRAM**

**Each Saturday – December 5, 12 & 19 & January 9, 16 & 23**

**Three sessions: 7-9am; 8-10am; 9-11am**

\$99 per person for package of 6 sessions, plus tax

**CALL THE GOLF SHOP AT 319.752.0004 TO REGISTER**