

**Looking to transform your current physical condition to play better golf?**

**Need more function doing everyday activities?**



*“While getting you Fit to the Core, you will become Fit to a Tee!”*

**Jodi Garie, a Titleist Certified Golf Fitness Instructor and Master Personal Trainer performs Golf Fitness Evaluations to identify your physical abilities as they relate to your golf game performance. Receive one on one training sessions in the Fitness Center here at CCNB!**

- **Increase flexibility, posture, stability and strength.**
- **Return to a sport or activity after an injury and improve performance.**
- **Learn about your Golf “Fitness” Handicap and receive a home exercise program.**
  - **Individual or partner training available for all fitness levels.**
  - **Focus on measurable goals with professional supervision.**
    - **Group classes offered in the post-season.**

**MAKE YOUR APPOINTMENT TODAY! 508.454.8547**

**FIT TO THE CORE**