

Muscle Sense

"Creating consistency in your golf swing"

STARTS
MARCH 10TH
3:00 PM

Program Overview

The Purpose

The muscle sense program will help you develop an increased awareness of your body's movement patterns throughout the golf swing. This program will help you improve the consistency of your swing.

Program Date/Time

This program meets twice a week on Monday's and Wednesday's from 3:00 to 4:00 pm

How It Works

Muscle sense creates a blend of easy to follow golf drills and pairs them with supporting exercises to "lock in" the movement pattern.

Your time will be divided between working with Andrew on golf specific drills to develop correct form, while Rita will lock in the movements using golf specific exercises. The course covers balance, posture, core strength, rotation, stabilization, swing consistency and transfer training.

Course Schedule

Week One

Monday, March 10th - Posture
Wednesday, March 12th - Balance

Week Two

Monday, March 17th - Weight Shift
Wednesday, March 19th - Takeaway

Week Three

Monday, March 24th - Rotation
Wednesday, March 26th - Weight Shift

Week Four

Monday, March 31st - Target Acquisition
Wednesday, April 2nd - Pre Shot Routine

(Class curriculum subject to change)

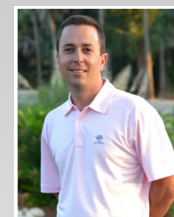
Program Fee

\$300.00/per player
(Includes materials)

Sign Up

To sign up contact Andrew
via email or call the golf
shop at 239-481-5700

Course Instructors



Andrew Plesz
PGA Golf Professional
TPI Certified Golf Coach



Rita Pociask
NASM, ACE Cert. Personal Trainer
TPI Certified Fitness Professional



EXERCISES-DRILLS-REPETITION-DEVELOPEMENT

