

MUSCLE SENSE

“CREATING CONSISTENCY IN YOUR GOLF SWING”

**CLASSES
BEGIN
OCTOBER 27TH
AT 3:00 PM**



EXERCISES-DRILLS-REPETITION-DEVELOPMENT

**MUSCLE SENSE CREATES A BLEND OF EASY TO FOLLOW GOLF DRILLS AND PAIRS THEM
WITH SUPPORTING EXERCISES TO “LOCK IN” THE MOVEMENT PATTERN**

OUR GOAL

THE MUSCLE SENSE PROGRAM WAS DESIGNED TO HELP YOU DEVELOP AN INCREASED AWARENESS OF YOUR BODY’S MOVEMENT PATTERNS THROUGHOUT THE GOLF SWING.

HOW IT WORKS

YOUR TIME WILL BE DIVIDED BETWEEN WORKING WITH ANDREW ON GOLF SPECIFIC DRILLS TO DEVELOP CORRECT FORM, WHILE RITA WILL LOCK IN THE MOVEMENT PATTERNS USING GOLF SPECIFIC EXERCISES. THIS COURSE COVERS BALANCE, POSTURE, CORE STRENGTH, ROTATION, STABILIZATION, SWING CONSISTENCY AND TRANSFER TRAINING.

FALL SCHEDULE

WEEK ONE - POSTURE
MONDAY, OCTOBER 27TH
WEDNESDAY, OCTOBER 29TH

WEEK TWO - BALANCE
MONDAY, NOVEMBER 3RD
WEDNESDAY, NOVEMBER 5TH

WEEK THREE - ROTATION
MONDAY, NOVEMBER 10TH
WEDNESDAY, NOVEMBER 12TH

WEEK FOUR - TARGET
MONDAY, NOVEMBER 17TH
WEDNESDAY, NOVEMBER 19TH

(ALL CLASSES RUN 3:00 TO 4:00 PM)

INVEST IN YOUR GAME

\$300/PER PLAYER
(INCLUDES MATERIALS)



COURSE INSTRUCTORS

ANDREW PLESZ
PGA PROFESSIONAL
TPI CERTIFIED GC2, GM2, PC2

RITA POCIASK
NASM, ACE CERT. PERSONAL TRAINER
TPI CERTIFIED FITNESS PROFESSIONAL

COMMIT YOUR GAME TO MUSCLE SENSE! SIGN UP NOW!