

Does Your Golf Game Suck?

It doesn't have to.



Golf Fitness Training

Get ready for golf season NOW with help from McGannon Fitness & Nutrition.

Your Instructor:

Missi Richardson

Certified Golf Conditioning Expert



Designed to:

- Increase flexibility & mobility with the right stretches to move through the full range of your swing
- Strengthen golf-specific muscles for longer drives
- Improve putting with stronger core muscles for stabilization
- Learn how to keep your body injury-free while beating your opponents*

Our 6-week Golf Clinic starts **Wednesday April 29, 2015 6:30 – 7:30 PM.**

Pre-registration is required & space will be limited to the first 12 people to register.

Private Training is also available by appointment.

**We can't guarantee you'll beat your opponents as you will still need golf skills to do so, but we WILL help your body be in the best shape possible to optimize your chances!*

CALL TODAY!

413-297-2590

McGannon Fitness & Nutrition
in the Red Rock Shops, Rt. 10, Southampton, MA

www.mcgannonfitness.com