

THE WINSTON GOLF CLUB

# LADIES SPRING TUNE UP

WE'VE TEAMED UP WITH BRAD POSEHN  
FROM ABSOLUTE PERFORMANCE CENTRE  
TO BRING YOU A SPECIALIZED CLINIC TO  
KICK OFF YOUR GOLF SEASON.

**SUNDAY, MAY 5, 6PM - 8PM**  
**THE WINSTON GOLF CLUB**

**FITNESS** | Spend one hour with Brad working on improving joint mobility in the ankles, hips, wrists, and thoracic spine. You'll also be doing hip strengthening exercises, as well as joint articulation work to improve the mechanics of the golf swing.

**GOLF** | Then join the Winston Golf Professionals in a one hour full swing tune up on the driving range. This program is for all levels of golfers.

After the Tune Up, join us in the Regal Taps Lounge for socializing!

Sign up by calling the golf shop 403-984-1700. Cost is \$50 per person. Max. 20 participants. **ALL LEVELS OF FITNESS AND GOLF ARE WELCOME!**

**W**  
THE WINSTON<sup>™</sup>  
GOLF CLUB

Brad Posehn is a graduate of the College of Kinesiology at the University of Saskatchewan. He has spent the last 11 + years training several athletes in the NHL, KHL, AHL, NLL, NCAA, as well as the National and Provincial level in various sports such as volleyball, figure skating, football, lacrosse, swimming, and golf. As a co-founder of JB Performance Training in Saskatoon, Brad helped hundreds of athletes reach their goals through emphasizing proper movement patterns and catering programs to their sport and its' specific demands from a biomechanical and physiological level. Now, as the owner of Absolute Performance Centre in Calgary, he is looking to continue that trend in a positive and supportive environment. Along with owning his business, he is the Strength and Conditioning Coach for the Calgary Inferno, and the Strength and Conditioning Co-ordinator for P3 Sports Inc.