

THE WINSTON GOLF CLUB

# LADIES BOOTCAMP GOLF CLINIC

LET US GIVE YOU THE TOOLS TO DIAL IN  
YOUR GOLF SWING THIS SEASON!

JOIN WINSTON PGA OF CANADA PROFESSIONALS AND THE OWNER OF ABSOLUTE PERFORMANCE CENTRE, BRAD POSEHN, IN THIS TWO WEEK BOOTCAMP GOLF CLINIC. THIS ONE OF A KIND CLINIC IS DESIGNED TO HELP YOUR WELL-BEING AND OVERCOME GOLF SWING PHYSICAL LIMITATIONS.

WE'LL BE WORKING ON IMPROVING JOINT MOBILITY IN THE ANKLES, HIPS, WRISTS, AND THORACIC SPINE. WE'LL ALSO BE DOING HIP STRENGTHENING EXERCISES, AS WELL AS JOINT ARTICULATION WORK TO IMPROVE THE MECHANICS OF THE GOLF SWING. ALL FITNESS LEVELS ARE WELCOME. PREVIOUS GOLF EXPERIENCE REQUIRED.

EACH SESSION INCLUDES 1HR WITH BRAD WORKING ON VARIOUS EXERCISES AND 1HR WITH A GOLF PROFESSIONAL WORKING ON FULL SWING, SHORT GAME, AND PUTTING.

CALL THE GOLF SHOP TO SIGN UP, OR EMAIL KIM,  
[KVALLEAU@THEWINSTONGOLFCLUB.COM](mailto:kvalleau@thewinstongolfclub.com) FOR MORE INFO.

WITH HARD WORK AND  
THIS PROGRAM, YOU  
CAN TAKE STROKES  
OFF YOUR GAME!

MONDAYS AND THURSDAYS  
MAY 6, 9, 13, 16  
6PM - 8PM  
\$300 PER PARTICIPANT

