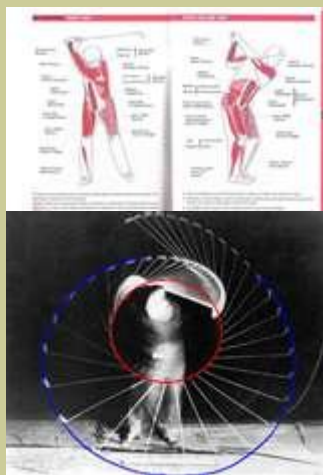


# Golf Specific Fitness Training



## *Fitness For Proper Technique*

Condition muscles involved in the body mechanics required to play golf.

Have your body ready to execute the proper technique required.

### IMPROVE

- Body Balance
- Core Rotation
- Strength Specific to Club Swing & Speed

BODYMAX FITNESS & WELLNESS CENTRE

300 Bunting Rd  
St. Catharines, ON  
L2M 7X3

Phone: 905-938-0233

[www.bodymaxfit.com](http://www.bodymaxfit.com)



## Training Packages Include:

16—1 Hour Sessions

Individual	\$ 599.*
Twosomes	\$1,099.*
Threesomes	\$1,599.*
Foursomes	\$1,999.*

*Single one hour personal training sessions can be purchased at a rate of \$45./hour\**

\*All Prices are subject to HST

Training Provided by Certified Trainers / “Golfers”

Al Stefanovich  
CPT



Carolyn Sampson  
CPT

BODYMAX - 18 YEARS OF FITNESS AND HEALTH  
Club Memberships - Free Weights - Cardio Equipment - Nautilus Machines - Aerobics

Club Hours:  
Monday - Thursday  
6:00am - 10:00pm  
Friday  
6:00am - 9:00pm  
Saturday  
7:30am - 6:00pm  
Sunday  
8:30am - 4:00pm

