

Fitness

Core Conditioning for Golfers

with Master Trainer Bob DeCrescenzo

Golfers want to become more accurate and have more distance? This program will strengthen muscles that are integral to the golf swing, keep your swing in its groove and provide more power.

6 Weeks - Small Group Training

Days: Tuesdays & Thursdays
Time: 6:00-7:00PM
Dates: March 23-April 29
Fees: Members: \$354^{plus tax}
Non-members: \$480^{plus tax}

contact Bob for details(203) 358-0066 ext 292 or bdecrescenzo@sportsplex-ct.com

SPORTSPLEX

Registration Form

Core Conditioning for Golfers

Name _____ Member No. _____

Male Female Date of Birth _____

Address City/State/Zip _____

Home Phone _____ Work / Cell Phone _____

E-Mail _____

Member Non-Member

Method Of Payment: House Charge Cash Check Credit Card

Credit Card # _____ Exp. Date _____

Waiver of Liability

I represent that I am in good physical condition and have no disability, impairment or ailment preventing participation in this program. I recognize the risk if injury in any exercise program and I am participating upon the express agreement that I am hereby waiving and releasing Sportplex from any claims, costs, liability, and injuries incurred while on these premises.

Signature _____

Date _____