

Swing Through Golf Fitness Program

Offering two class times per week for your convenience:

**Tuesday & Wednesday nights at 6:00 PM
Orthopaedic Center of Central VA (Therapy Entrance)**

Only **\$200**** for **10** sessions!



Jan. 5th & Jan. 6th ~ Functional Movement Screen (before)

Jan. 12th – Feb. 24th ~ Swing Through Golf Program
Eric Campbell, CSCS

Mar. 2nd & 3rd ~ Functional Movement Screen (after)

Pre-registration is required. Call (434) 485-8517 to reserve your spot today!

**Price includes a take-home packet with 3-day work-out plan and full color picture descriptions!

