

Improve Your Game!

Hit the ball longer.
Swing more consistent.
Lower your scores.



Do you walk around the gym wondering which exercises will improve your golf game? Golf fitness not only improves your flexibility, strength and balance, but improves your golf game!

Join **North Lake Physical Therapy** in the Lake City Professional Center for a 6 week golf fitness program, focusing on improving:

- *Club head speed*
- *Core Strength/Stability*
- *Shoulder turn*
- *Balance*
- *Maintaining Your Spine angle*
- *Hip Turn*

Contact North Lake Physical Therapy today to reserve your spot, space is limited!

TPI
CERTIFIED
GOLF FITNESS INSTRUCTOR

7

WHEN:

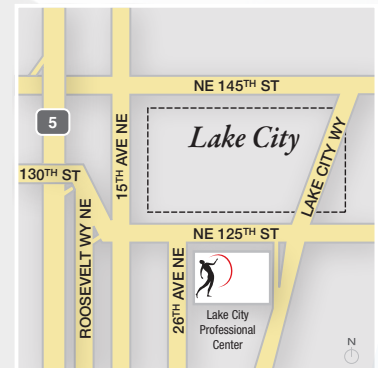
April 1ST - May 6TH

Thursdays; 6:30 PM - 7:30 PM

COST:

\$75 - entire 6 week session

\$15 - individual drop-in session



NORTH LAKE PHYSICAL THERAPY

206-361-4745

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Seattle, WA 98125

Chuck Hanson, PT, OCS, Director

TPI Certified Golf Fitness Instructor 



Since 1952

Therapeutic Associates
NORTH LAKE PHYSICAL THERAPY