

# Heather Downs CC

## Spring Golf Fitness Program



**Dan Sutton PGA Golf Professional  
& Titleist Performance Institute Certified**

**How:** Exercise and golf instruction to address physical limitations and improve strength, power and ball striking. Then continue golf specific training program weekly.

**How:** One on One swing analysis

**When:** Thursday, April 4<sup>th</sup> – May 23<sup>rd</sup> 6pm-7:30

**Location:** Heather Downs CC 3910 Heatherdowns Blvd. Toledo, Ohio 43614

**Limit:** 6 golfers

**What you will receive:**

- Swing analysis from Dan Sutton
- Corrective exercise program to improve strength, flexibility and range of motion

**Cost:** \$200.00 for 8 week program



A Catholic healthcare ministry serving Ohio and Kentucky