



Golf Conditioning Program

Reach Your Potential!

Golf Conditioning Program Will Help You:

- Produce More Power
- Reduce Stress on Hips, Back and Shoulders
- Increase Flexibility for an Unrestricted Turn
 - Improve Balance & Posture

Program Information:

- Session Dates: March 30 – May 13, 2010
- Days & Times: Tuesday & Thursday in YMCA Studio #2
12:10 - 12:50pm
- Cost: \$ 60.00 (Members)
\$100.00 (Non-Members)

Space Is Limited So Sign Up Today!

For More Information:

Contact Derik Budig at the YMCA 225-4910 Ext. 17
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Aberdeen, SD 57401



We Build Strong Kids, Strong Families & Strong Communities!