

2019

# FIT FOR GOLF

## TPI PROGRAM

***Stewart Creek introduces the Fit for Golf TPI Program.***

TPI is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.

TPI analyzes how physical limitations in a player's body can adversely affect the golf swing. The Fit for Golf programs includes a TPI Screening, 8 TPI Fitness sessions and 4 TPI Golf sessions.

**\$425**

**PLUS GST**

Includes all 12 sessions & TPI Screening

**Location of classes:** Practice range

**Group size:** 4 minimum - 10 maximum

***Open to members and public***



## DATES & TIMES

### ♦ TPI Screening

- Book an individual 30 minute session with Alex Large prior to the start of the program.

### ♦ Fitness Sessions

- Tuesday's - May 28th, June 4th, 11th, 18th  
**12:30pm - 1:30pm**  
- Thursday's - May 30th, June 6th, 13th, 20th  
**5pm - 6pm**

### ♦ Golf Sessions

- Monday's - June 3rd, 10th, 17th, 24th  
**4pm - 5pm**