

## Windy Hill Web

(Headline for News Page – link to full article)

**Get Golf Strong!**

**Gold's Gym & Windy Hill Golf present unique Winter Program  
Sundays February 21 – March 14**

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**Here's entire article – please link Nina's & Janet's bios**

**Get Golf Strong!**

**Gold's Gym & Windy Hill Golf present unique Winter Program  
Sundays February 21 – March 14  
12:00 noon – 1 pm & 1:30 – 2:30 pm**

**First 15 people to register get great new tee shirt!**

“**Know Your Own Strength**” teams up with “**Know Your Own Swing**” to help you accomplish the goal of building up your fitness to improve and develop a consistent golf swing!

Teaching pros, [Nina Pryor](#), and [Janet Phillips](#), LPGA/PGA Class A, will evaluate your swing mechanics and **Denise Fiato**, physical trainer, will evaluate your physical condition, and then get you on the path to playing the best golf ever!

**Here's how:**

- ◇ 4 – 30 minute golf instruction
- ◇ 4 - 30 minute fitness/conditioning classes
- ◇ Classes rotate every 30 minutes
- ◇ 6 – 10 adults per class
- ◇ Certified nutrition expert presents info/lecture

**Beginners Class introduces:**

Golf fundamentals – grip, stance, posture, how to swing properly  
Video for instant visual feedback  
Teaching aids that will promote what the student is supposed to “feel”  
Custom drills to develop consistency

**Intermediate Class covers:**

Check up on fundamentals & equipment *includes club fit*  
Focus on swing w/sensory analysis (balance, visual, auditory, touch and body awareness)  
Golf swing analysis w/video  
Custom drills to improve swing

**Fitness Program after both classes focuses on:**

Range of motion  
Flexibility  
Coordination-Balance/Transferring power from back to forward  
Postural Stability/Enabling the turn and ensuring swing consistency  
Increasing Strength /Maximizing distance and control  
Nutrition on and off the course for energy/strength and emotional well being

**Cost: \$99 p/person**

Includes coupons for range balls and golf  
(Sign up early – if classes fill, we will have waiting list for additional classes)

**To register: Call Windy Hill: 804-794-0010**