

Pilates Power For Golfers



2110 Eagle Creek Lane, Woodbury, MN 55125 / info.EPF@energypilatesfitness.com / 651-249-7114

Bring More Power To Your Game By Focusing on The Ultimate Piece Of Equipment: Your Body

There have been many technical advances in golf equipment and there are definitely more to come. If you want to maximize the effect of any new equipment development - your body has to be able to move properly and perform at its highest potential. This is where **Pilates** comes in. Research has been conducted and proven. A **Pilates** program is a must for golfers.

Pilates is a form of isometric exercises that simultaneously stretch, strengthen, tone and align the body, while eliminating excess tension and strain on the joints. These have long-lasting benefits for flexibility, balance and stance when addressing the ball. Goodbye back pain.

Pilates is about small controlled motions, which can make a powerful one two punch in your golf game. At the same time, both are gentle enough for anyone between the ages of 6 to 70 years young.

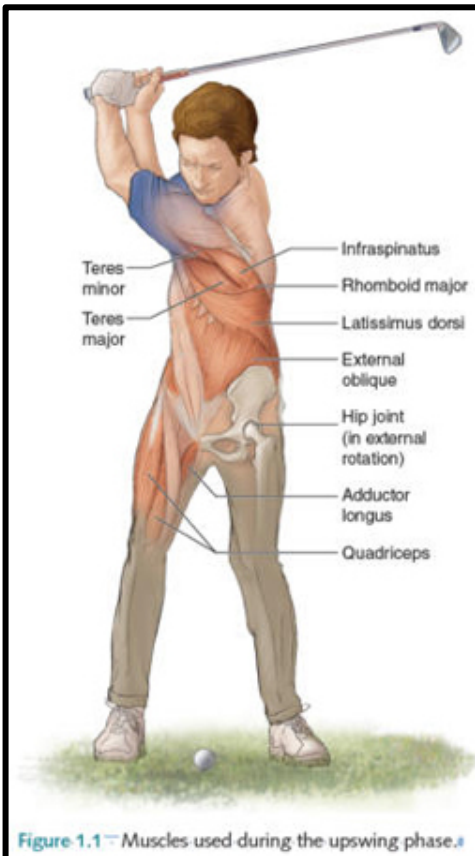


Figure 1.1 Muscles used during the upswing phase.

FREE WEEK OF PILATES CLASSES

Bring in this flyer or register online for one free week.

energypilatesfitness.com

*1st time visitors only

*Ages 13 and up

*MN/WI residents/50 mile radius of Woodbury

*Childcare not included

Benefits for Pilates for Golfers

Upper-Body Strength =

Improves in arms, wrist & shoulders: greater distance & accuracy off the tee.

Enhanced core strength =

Less back pain and better follow through.

Focused Mentally =

Heightened concentration and visualization in your game.

Better Balance =

More effective club control, weight distribution & club head speed.

Heightened overall fitness =

Less risk of injury, Feel great all the time

