

# ELEVATE

GOLF MIND BODY

## Day 1

- Golf Fitness
- Body Movement – set up
- Balance
- Tempo
- Rules of Golf



## Day 2

- Golf Fitness
- Body Movement–foot work
- Tension
- Rules of Golf



## Day 3

- Golf Fitness
- Body Movement - Impact position
- Get Golf Ready

## Day 4

- Skill Challenge
- Rules of Golf

\*\*\* Each day will include full swing, short game, and putting

\*\*\* Advance Session focus is on course play.

Register today [jmontoya@santaanagolf.com](mailto:jmontoya@santaanagolf.com)

Cost \$80 per session

Limited Space available