

Body Swing Connection

Private Golf Fitness Packages

Intro Golf Fitness Package- \$275

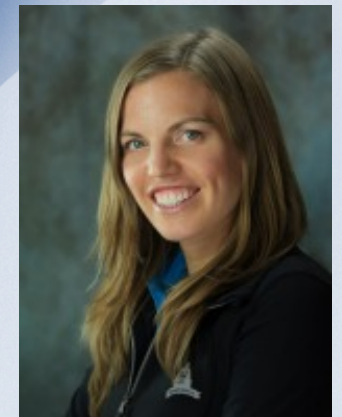
(Includes 2- 60 minute sessions)

- **TPI Fitness Screen & Evaluation**
- **1 additional 60 min private session to go over customized program, based on screen results**

Peak Performance Package- \$675

(Includes 4- 60 minute private sessions & at home programs)

- **TPI Fitness Screen & Evaluation**
- **3 additional private training sessions to go over customized golf fitness program including:**
 - **1- 60 minute golf fitness program**
 - **1- 30 minute golf fitness program**
 - **Personalized golf warm up**



Contact Courtney Rebel, Courtneyreb@gmail.com, to book your session

