

TroonFIT

Golf Performance Classes

Join **Heather Smuin**, TPI Level 3 Golf Fitness Professional & **David Curtis**, Lead Teaching Professional in this powerful 4-class package to improve your fitness & golf performance.

[Introduction Video](#)

SERIES 1: JAN. 23 & 30, FEB. 6 & 13
6:30AM-7:30AM PETE DYE COURSE

SERIES 2: FEB. 27, MAR. 6, 13, & 20
6:30AM-7:30AM PETE DYE COURSE

CLASS #1: TEE OFF ON THE RIGHT FOOT

CLASS #2: MOVE, FEEL, AND PLAY WELL

CLASS #3: POWER!!! - KING OF THE SWING

CLASS #4: MAINTAIN YOUR MOVEMENT PATTERNS

Each Class is \$25 per person

(includes a range pass)

Registration Required for each class.

Email: dcurtis@troon.com or

Phone: 760.328.4303

What to bring: 9 Iron, Yoga Mat, & Wear Comfortable Clothing.

Please contact David if you have any questions or need a yoga mat.

