

Swing Through Golf Fitness Program

**Monday nights at 6:00 PM
Orthopaedic Center of Central VA (Therapy Entrance)**

Only \$200 for 10 sessions!**



March 8th ~ Functional Movement Screen (before)
Michael Zealand, RKC, CPT

March 15th – May 3rd ~ Swing Through Golf Program
Eric Campbell, CSCS

May 10th ~ Functional Movement Screen (after)

Pre-registration is required. Call (434) 485-8517 to reserve your spot today!

**Price includes a take-home packet with 3-day work-out plan and full color picture descriptions!



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