



# TITLEIST® GOLF FITNESS PROGRAM



Golf fitness is the body's ability to consistently perform a demanding athletic movement in a stable and effective manner. Elite Fitness Concepts has partnered with the Titleist® Performance Institute, a leading provider of analysis and training for numerous PGA pros. Our programs are based on the latest research and technology in order to bring you the most sophisticated golf fitness programming available. Whether you need to hit the ball further or just more consistently, our trained professionals are here to help.

The Biomechanics of the golf swing is a very complex and integral set of moving parts which all must come together at just the exact moment in order to play the game correctly. Factors like strength, flexibility, balance, endurance, nutrition, stability, power, vision and posture all influence the body's mechanics.

Utilizing our physical screening process and optional video analysis, our Titleist® golf fitness professionals design a program that will isolate any physical limitations, correlate these findings to your swing technique and prescribe a custom conditioning program. They will also work with your golf pro and or medical professional if needed. We believe by taking a physiological, rather than mechanical approach, you will see a dramatic improvement in your game.

BASIC PACKAGE	\$200 Member Assessment / \$225 Non-Member Assessment
Day One- Introduction, Physical Screening, Medical/Golf History acquisition. Day Two- Explanation of findings and presentation of customized 18 session program. In addition, you will gain access to your web-based fitness program with interactive workout calendar and video demonstrations of each exercise.	
JUMP START PACKAGE	\$300 Member Assessment / \$360 Non-Member Assessment
Includes everything in the Basic package and three sessions with a Titleist® certified golf fitness instructor to get you started with your program.	
ELITE PACKAGE	\$1,000 Member Assessment / \$1,150 Non-Member Assessment
Includes initial two day assessment and customized 18 session program to be carried out with your exclusive Titleist® certified instructor. <i>Add a Video Swing Analysis to any package for just \$40.</i>	

