

SWING YOUR BODY INTO BETTER SHAPE FOR GOLF FITNESS FOR GOLFERS

Get a **FREE** physical (TPI) screening to identify bodily limitations that may be causing inefficiencies in your golf swing.

Learn to address your limitations with appropriate flexibility, mobility and strength exercises, allowing you to tap into your body's full potential.

After a series of mobility checks, you will have the option of selecting a tailored exercise plan based on your specific limitations.

IT'S TIME TO REACH YOUR GOLF & FITNESS GOALS

ALL TRAINING INCLUDES:

- Assessment & Consultation
- Tailored Training Plans
- Nutritional Guidance

VARIOUS TRAINING OPTIONS:

- One-on-one Training
- Small Group Training (2-3)
- Golf Specific Training



FAT LOSS | STRENGTH | FLEXIBILITY | TONE | CORRECTIVE | NUTRITION

FOR MORE, CONTACT SABINA HART TODAY!

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Sabina Z. Hart, Director of Fitness: NASM Certified Personal Trainer (CPT), Corrective Exercise Specialist (CES), Fitness Nutrition Specialist (FNS), **Titleist Performance Institute (TPI) Level II** Certified for Golf Specific Training, NASM Golf Fitness Specialist (GFS), and TRX Functional Training certified.