



MUSCLES IN MOTION

FOR GOLFERS

Feel Better.

Play Better.

We all love the game of Golf. Being outdoors, spending time with friends, improving our game and our enjoyment.

We all want to feel better, while we play and when the round is over. We all want to play better, with more efficiency and ease and with less pain and stress. Do you experience aches, pains, difficulties from prior injuries? Are you looking to reduce the risk of injury? Are you struggling to swing the golf club efficiently with solid fundamentals? Or do you simply want to add distance and improve ball striking?

This exciting new class will be run by **Brian Washington Sr., (ACE) Certified Personal Trainer.**

Brian specializes in all levels of fitness including:

- Detox, the whole organic probiotic gamut
- Non-invasive Joint Pain management
- Muscle Strength and Definition
- Core Strength and Balance
- Circuit Training



Get ready for the upcoming Golf season. Improve your stamina and ease of playing the game. Learn how to warm up and cool down after your day on the course!

We will run two 6 week sessions: Session 1 - Monday evenings beginning, March 26 - April 30, 2018.

Session 2 - Monday evenings beginning, May 7 - June 11, 2018

7:00-8:00pm

Participants must bring a Driver and Putter to each class.

6 Session Fee: \$75 for Community Campus Members \$90 for Non-members
Space is limited, register now!

For more information, contact Adam Glinn at 732-494-3232 Ext. 3614 or
Paula Rann at 732-494-3232 Ext. 3609



The Jewish Community Center of Middlesex County
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