



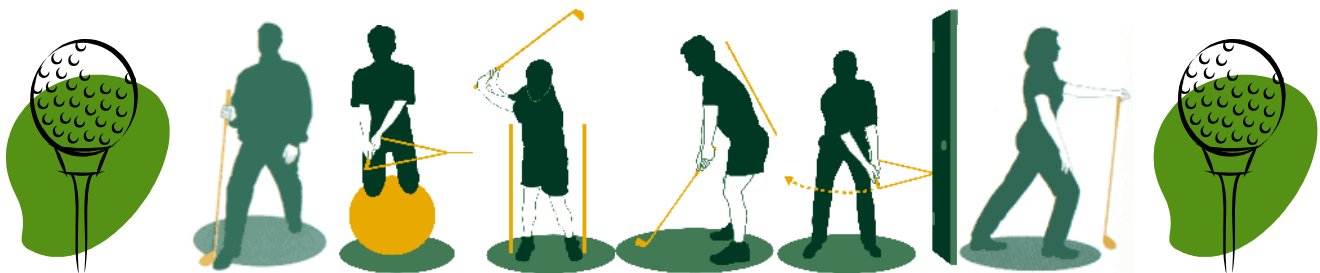
# FITforeGOLF™

*Better Golf through Better Health*



## GET FIT FORE THE 2009 GOLF SEASON

IMPROVE YOUR FLEXIBILITY  
ADDRESS YOUR SWING POSTURE  
STRENGTHEN YOUR “GOLF MUSCLES” TO HIT IT FURTHER  
HELP PREVENT INJURY BY AVOIDING BASIC SWING FLAWS  
LEARN AN EFFICIENT WARM UP FOR YOUR PRE-ROUND ROUTINE  
SEE YOUR SWING ON VIDEO



With Jon Clay: Physiotherapist & Certified Fit Fore Golf Instructor

**Held at SOS Physiotherapy Clinic in North Kitchener**

Fee of \$100.00 includes:

- 5 weekly sessions
- copy of exercise manual
- tubing for home exercise
- package of 9 pocket instructional booklets

**Starts Wednesday March 25, 2009**

7:00pm and 8:30pm start times

**CALL 519-743-4355 TO REGISTER!!!**