



# Fitness Figures

## **Improve Your Golf Without Hitting A Ball!**

Have you noticed how fit the top golfers are these days? This is no coincidence. All of the tour pro's now recognise that being fit, and more importantly, fit for golf, is the best way to improve ones golf game. At **Fitness Figures** we will show you a variety of ways to improve your swing by strength and flexibility training. You will be coached throughout by one of our Personal Trainers who will improve your speed through the ball and also the range and flexibility of your swing. Put simply you will hit the ball further and with less effort.

Our training will also allow you to maintain your energy levels throughout the full eighteen holes of golf and dramatically reduce your risk of match day injury.

Power is a learned commodity which we recognise. We will improve your speed through the ball and your range of motion through your golf swing.

Balance is fundamental to a solid golf game and you will notice significant improvements over the ball and both on your back swing and follow through.

We are sure that your putting will improve as you will feel more centred and lighter on your feet. We suggest that you see your Personal Trainer at least once a week. You will certainly notice the difference!!

**For more information please contact us at Fitness Figures on 07925 507609**