

Introducing GolfFIT

A dynamic 3 step approach to
improving your golf performance.

HealthFit now offers a great way to step out onto the golf course with confidence. Improve your golf game like never before with 3 top experts as your partners.

EXPERT LINE-UP INCLUDES:

- 1. Titleist Performance Institute (TPI)** – *The world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.* A detailed evaluation by a certified TPI coach to identify physical limitations and the way in which they can affect your golf game.
- 2. GolfTEC®** – *The Proven path. Proven results. The undisputed leader in golf improvement.* The swing evaluation session is a 60 minute, objective analysis using video, motion measurement and a proprietary database of over 150 Tour players! It will be performed by a PGA teaching professional and will identify major swing flaws and start you on the path to better golf.
- 3. HealthFit** – *A medically integrated fitness facility powered by the region's largest most established healthcare system.* A personal training session from a HealthFit nationally certified trainer, customized exercise program to address the recommendations and findings of the TPI and GolfTEC evaluations.

For Program Information on
GolfFIT please call: (941) 917-7000



PRICING

\$249
Valued at \$315

GolfFIT
Follow-up
Package **\$199**

Follow up on your golf assessments with 3 sessions with the TPI coach and personal trainer. You'll receive 1 follow-up evaluation with the TPI coach and 2 personal training sessions to ensure that you're heading in the right direction.



HEALTH FIT

POWERED BY SARASOTA MEMORIAL