



E X H A L E



# Pilates For Golf Workshop

The "Pilates For Golf Workshop" is a six week workshop that will meet beginning on Wednesday, July 1st at 7:00 p.m. at our Crystal Lake Studio. This workshop will target key areas and prime every muscle for the game of golf, with special focus on the all-important core. This Workshop will take participant's through specifically designed exercises that can help increase club-head speed and accuracy, while improving strength, agility and endurance on and off the course. Pilates for Golf will provide more strength, power, and efficiency, enabling consistently farther and straighter shots and reducing risk for injury. The Price for this workshop is \$150 for the 6 weeks. Privates and Duets are also available to focus on the individual needs of the golfer. Please contact our studio for more information.

Space is limited - reserve your spot TODAY!



**Body and Mind Pilates Plus**  
**1500 Carlemont Drive, Suite B**  
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