

DOMINATE the Golf Course

with Nancy Griffin, All-American Pilates
for Golf Instructor



Are you experiencing:

- Stiffness in your neck/back/shoulders?
- Inconsistency in your swing?

Learn about functional fitness to:

- Hit the ball further
- Improve Accuracy
- Reduce Pain, Feel Great

For more details, contact Nancy at 724.747.0537

\$90 Member • \$135 Non-Member

Session 1 Jan. 9 - Feb. 6

Session 2 Feb. 13 - Mar. 20*

Saturday mornings from 9am - 10am • *No class Feb. 27

Peters Community Recreation Center
700 Meredith Drive
Venetia, PA 15367

Advanced registration required.

Class limit of 10.

The first 3 registrations
receive a copy of
Nancy's video, *Secrets
to Better Golf.*

Your Secret Weapon to Better Golf!

Less Back Pain - Fewer Injuries - More Distance - Better Shots

Go to www.ScoopOnPilates.com to register or call 888.733.7375