



JUNIOR GOLF SUMMER FITNESS PROGRAMS

WHEN

June 5-28 (Tu & Th)
6-7pm (Ages 8-11)
7-8pm (Ages 12-14)

WHERE

Messiah Lutheran
21485 Lorain Rd
Fairview Park, OH 44126

DEVELOP

Exercise Technique
Club Head Speed
Swing Efficiency
Core Stability/Power
Bulletproof Joints
Conditioning



COST

Tu & Th \$200
Tuesdays \$100
Thursdays \$100

REGISTER

440-915-6219
tim@par5performance.com



JUNIOR GOLF SUMMER FITNESS PROGRAMS

WHEN

July 10- August 9
(Tu & Th) (no class 7/24)
6-7pm (Ages 8-11)
7-8pm (Ages 12-14)

WHERE

Messiah Lutheran
21485 Lorain Rd
Fairview Park, OH 44126

DEVELOP

Exercise Technique
Club Head Speed
Swing Efficiency
Core Stability/Power
Bulletproof Joints
Conditioning



COST

Tu & Th \$225
Tuesdays \$100
Thursdays \$125

REGISTER

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