



FITNESS AND GOLF

Special

Specialized Training to increase
Flexibility & Endurance



MAXIMIZE YOUR ATHLETIC POTENTIAL

This one-on-one training gives the most individualized attention and focus to your body and golf swing!

- *Prevent Injury
- *Increase Club-Head Speed
- *Add Distance

Sign up now
BODY-MIND-GOLF

4 sessions with Shane Henderson
(Golf Pro)

4 sessions with Lianne Gamble
(certified pilates golf specialist)

\$300 Package DEAL
pilatesbodyllc@msn.com
253/606-4583 or 253/249-5871