

Golf Aerobic Program
Michael Krick, PGA Golf Professional
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Classes:

Week 1:

Understanding the key positions.

Learning to stretch

Week 2:

Stretching.

Review the key positions

Week 3:

Stretching

Focus on Drills #1 & #2

Understanding Drills #3 & #4

Week 4:

Stretching

Focus on Drill #3 & #4

Understanding Drill 35

Week 5:

Stretching.

Work Out!

Week 6:

Stretching.

Work Out!

Week 7:

Stretching.

Work Out!

Week 8:

Stretching.

Work Out!