

"A lot of guys are getting in shape for golf these days by lifting weights. What they don't realize is that you need both strength AND flexibility. And of the two, flexibility is more important for golf. Hole in One Golf Fitness will give you maximum strength with flexibility, plus real core strength."

Camilo Villegas



Hole in One Golf Fitness Clinics

Sarah Greenwood

brings her acclaimed golf fitness program to the Kingsbury Club!

Sarah has worked with Tour players Camilo Villegas, Fred Couples and swing coaches Butch Harmon and Hank Haney. But most importantly her simple approach pinpoints what a golfer needs for accuracy and distance. She can usually add 15-25 yards to a drive in one session.

"Plus I no longer have back pain!" says Dave R. who qualified for the US Senior Open as an Amateur after working with Sarah. "I saw her once a week and did 10 - 15 minutes every day. It works!"



186 Summer Street
Kingston, MA 02364
781.585.3883
www.kingsburyclub.com

Sunday, Nov. 15 at 11:00am
Monday, Nov. 16 at 6:30pm

\$69 includes 1.5 hr. clinic plus DVD's to take home for practice (a \$40 value).

Wear golf clothes - bring a putter.

Pre-registration required as space is limited.

Registration Form - Hole in One Golf Fitness Clinics

Participant _____

Parent's Name (if under 18) _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: All Inclusive Other Member Non-Member

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp.Date _____

Select Class Option:

Sunday, Nov. 15 at 11am

Monday, Nov. 16 at 6:30pm

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____