



“GOLFERCISE”



(Low Impact Aerobic Golf)

If you're new to golf this is a great way to learn, if you're an experienced golfer this is a great way to exercise and improve your game

“Not only can you get a fair amount of exercise by swinging your golf clubs on a regular basis; the game also can fight the effects of stress, since it forces people outdoors, walking, and socializing with friends!”

**Every Wednesday Morning
8:00 am – 10:00 am
September 9th to November 11th**

10 Weeks of Social Exercise and Golf for only \$10/session
(Includes various healthy refreshments following play)

Instructors

**Evans Day. TCC Director of Golf
Pat Rhodes, TLGA President**

Sample “Golfercise” Workout

- Warm-up stretches designed to improve your golf swing on #10 Tee Box
- Walk various holes and practice these short game skills:
 - Long putts
 - Chipping to the green
 - Avoiding hazards
- End with healthy refreshments at the clubhouse

**Be sure to reserve your spot now!
Call 345-9909**