



# “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 9<sup>th</sup> to November 11<sup>th</sup>**

**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 you spot now!  
Call 345-9909**