



GOLF
STRENGTH AND TONE
TUESDAYS AND THURSDAYS
7:15AM - 8:00AM
FITNESS & WELLNESS CENTER

This class targets the muscles used during the golf swing. It will help with lengthening the back swing, improving core rotation, strengthening wrists and forearms and the core muscles.

Sign up today by calling the Fitness and Wellness Center at 910.342.2215.

Cost: \$2 per class