

A photograph of three people, two men and one woman, standing on a golf course. They are all wearing light blue polo shirts. The woman on the left is also wearing white shorts and white golf gloves, and is holding a golf club. The man in the middle is wearing white pants and a brown belt. The man on the right is wearing olive green pants and a black belt. They are all smiling and looking at the camera. In the background, there are trees and a clear sky. The image has a torn paper effect at the top and bottom edges.

GOLFER STRENGTH & FLEXIBILITY CLASS

**MONDAYS & THURSDAYS 11 AM
FITNESS CENTER**

TPI Certified & Personal Trainer Jason Burkett will be leading our Golfer Strength & Flexibility Class this season.

Open to Men & Women Golfers. A golf-specific training class designed to boost mobility, stability, and strength for a more powerful and consistent game. Using a mix of resistance bands, dumbbells, TRX, and bodyweight exercises, we focus on the key movement patterns that directly impact your swing. Please pre-sign-up via the Sarasota National website, fitness class registrations. You will be charged \$6 for the class to your club account.