



GOLFER STRENGTH & FLEXIBILITY CLASS

**MONDAYS 11 AM & 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.