

McLeod Health & Fitness Center Golf Conditioning Program

Improve your golf game by changing your mindset and your body. Participants will be instructed in correct fitness training methods specifically geared towards the game of golf. Consistent participation will result in improved health and fitness levels.

The program includes:

- Pre and Post Fitness Assessments
- Warm-up Techniques
- Strength Training
- Abdominal Training
- Flexibility Training

The six-week program will be held:

Tuesdays and Thursdays April 12 to
May 19, 2011.

- 7:00 a.m. - 8:00 a.m.
- 12:00 p.m. - 1:00 p.m.
- 5:30 p.m. - 6:30 p.m.

Program Cost:

MH&FC Members	\$175
NonMembers	\$225

The Golf Conditioning program will be taught by:

Cameron Faile, BS, AFAA

Cameron received a Bachelor of Science Degree in Physical Education from Coastal Carolina University. Cameron is a McLeod Health and Fitness Center Certified Personal Trainer. He received his Personal Training certification from the Aerobics and Fitness Association of America in 2006. Cameron has extensive experience in the creation and implementation of exercise and fitness programs for various ages from teens through the senior population. Cameron also has experience in Coaching and Officiating with Parks and Recreation and is the manager of the Teens in Training Program at the McLeod Health and Fitness Center. He is an avid golfer with a respectable handicap. Cameron has helped clients increase drive distances and physical recovery.

**For more information, please contact
Cameron Faile at 777-3192.**



Registration Form

Name

Address

City

State

Zip

Phone#

Date of Birth

Email Address

Gender: **M** **F**

**Please choose only one session time.
There must be a minimum of 4 participants per time
slot to conduct the program. Maximum of 6
participants per session.**

- Time: 7:00 a.m. – 8:00 a.m.**
- Time: 12:00 p.m. – 1:00 p.m.**
- Time: 5:30 p.m. – 6:30 p.m.**

A consent form must be completed prior to participation in this program. The consent form is located at the MH&FC front desk.

*Thank you for participating in the
Golf Conditioning Program.*

Golf Conditioning and Flexibility

*Hit more consistently and
confidently!*



McLeod
Health & Fitness Center