

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.**

- 7:00 a.m. – 8:00 a.m.
- 12:00 p.m. – 1:00 p.m.
- 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.

Registration must be received by Friday, April 9.

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

Golf Conditioning and Flexibility

*Hit more consistently and
confidently!*



McLeod
Health
&
Fitness
CENTER

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 20 to May 27, 2010.

Class Times:

- 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 Certified Personal Trainer from the Aerobics and Fitness Association of America. An avid Golfer and experienced Personal Trainer, Cameron has helped clients increase drive distances and improve physical recovery time.



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