

WHETHER ON THE COURSE OR IN OUR FITNESS STUDIO, OUR MISSION IS TO PROVIDE OUR CLIENTS WITH THE BEST EXPERIENCE POSSIBLE.

club". The most effective way to improve your golf game is not by going out and buying the latest equipment; instead it is about using your body more effectively, causing less pain on muscles and joints, and lowering scores on the course. Using your body in an efficient, fundamentally sound motion requires strength and flexibility. A customized program will be developed to help you reduce stress on your body and lower your scores.

It has often been said "it's not the club that hits" the ball, but rather the person swinging the

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PACKAGE OPTIONS

INDIVIDUAL SERVICES

Our Most Popular & **Effective Program!**



MASTERS PACKAGE - \$850

TPI Golf Fitness Evaluation

- 4 Fitness Training Sessions
- 2 Golfer's Massages OR 2 Lessons w/ PGA Professional

TOUR PACKAGE - \$1,500

- TPI Golf Fitness Evaluation
- 6 Week Wellness Program Membership
- 6 Fitness Training Sessions
- 6 Golf Training Sessions with PGA **Professional**
- Access to myTPI website
- Follow up Progress Evaluation
- Functional Movement Tubing (FMT)
- TPI Shirt

STUDIO MEMBERSHIP -\$90/mo.

- Wellness Program
- Membership
- 4 Half Hour Golf Training Sessions in
- simulator 1 Training Session





DON'T SEE A PACKAGE THAT FITS YOUR **NEEDS?**

LET US KNOW AND WE **WILL CUSTOMIZE ONE** FOR YOU.

INDIVIDUAL SERVICES

EVALUATION W/ CUSTOMIZED EXERCISE
PROGRAM (WWW.MYTPI.COM) \$250
30 MINUTE SESSION IN SIMULATOR \$25
SERIES OF 5 SESSIONS\$100
ONE HOUR GOLFER'S MASSAGE\$90
90 MINUTE THERAPEUTIC MASSAGE \$120
PHYSICAL THERAPY TREATMENT \$85
GOLF LESSON W/ PGA INSTRUCTOR \$90
CLUB CADDY (YARDAGES)\$120

GIFT CERTIFICATES AVAILABLE