

GOLF FITNESS AND PERFORMANCE



INTERPLAY

fitness + health + golf

The Program

- Golf specific
- Focused on player performance
- Functional body connection to functional golf swing
- Corrective exercise

Program Options and Services

- Personalized Golf Fitness and Performance Training Plans
- 8 & 12 Week Progressive Training Programs
- 4 Week Small Group Training Classes
- Private Golf Fitness Instruction
- TPI Screenings with Results of Golf Fitness Handicap
- Swing Characteristics Screenings with Results
- Fitness Nutrition Education
- Health Coaching

HOPE SIZEMORE

TPI CERTIFIED, FITNESS 2, JUNIOR 2

My desire is to inspire, motivate, educate and encourage all juniors, men and women to take steps in improving their health and well-being by the means of golf fitness and by playing the game of golf. No matter your current fitness or golf skill level, I believe everyone can be successful in achieving functional movement and develop a more efficient swing that will allow you play the game for many years to come. The INTERPLAY of Fitness + Health + Golf is simple: Move Better, Feel Better, Play Better!



Keene Trace Golf Club

Core Fitness
5600 Harrodsburg Road
Nicholasville, KY 40356





MOVE BETTER, FEEL BETTER, PLAY BETTER!

ENROLL INTO A GOLF FITNESS TRAINING CLASS TODAY!

4 Week Classes Offered: Begin March 3rd

Women's Level 1: FUNCTIONAL STABILITY + MOVEMENT + POSTURE

Dynamic movement patterns focused on core activation, hip, thoracic spine and shoulder mobility that improve joint stability, function and golf setup posture

TUESDAYS AT 2 PM

Women's Level 2: STRENGTH + HIGH THRESHOLD + DYNAMIC POSTURE

Strength circuit training emphasizing muscle force production with improvement of dynamic posture, stamina and aerobic endurance

THURSDAYS AT 2 PM

Women's Level 3: STRENGTH + HIIT + ROTATION

Strength circuit training emphasizing muscle force production combined with high intensity intervals for improved rotation and anaerobic efficiency

SATURDAYS COMING SOON

Junior Girls 15 - 18 yrs: FUNCTIONAL STRENGTH + STAMINA + SPEED

Performance training emphasizing speed of force production, agility, quickness and reactivity specific to enhancing golf athletic skills

FRIDAYS AT 4:15 PM

**4 WEEK PROGRESSIVE TRAINING CLASSES ARE OFFERED
MONTHLY**



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**Inquiries and Registration, Email
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