



GOLF PERFORMANCE TRAINING



Attention Rochester golfers! What are you doing this winter to prepare for next golf season? Next Level Strength & Conditioning and Mana Performance Therapy is teaming up to bring Rochester golfers a cutting edge off-season performance program unlike anything else in the area!

Each participant will go through an extensive, 1:1 golf specific functional screen with TPI Certified Dr. Russ Manalastas to identify individualized needs and performance goals. Next Level's team of highly qualified Strength Coaches will design a personalized training program for each athlete to target golf specific functional strength, power, mobility and more! Here are the details:

Who: College, High School, Middle School Golfers

Where: Next Level Strength & Conditioning (80 Lyndon Rd, Fairport)

When:

M,W 5-6pm

6 Weeks Starting 1/7

Cost: \$300 (includes 1:1 screen valued at \$100)

To Register:

Email info@trainatnextlevel.com

-Subject: Golf Performance

-Name

-Age

-Contact Info/Parent's Contact Info

For more info visit:

www.trainatnextlevel.com

www.manaperformancetherapy.com