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## 2005 New Golf / Fitness Programs

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### "Strengthen Your Body – Strengthen Your Swing"

"Fitness & Golf Program" - February/March  
6 Week Golf & Fitness Program

Better understand your fitness & the golf swing fundamentals, plus  
see the positive impact it will have on your game in 2005!

Develop the basics! Make your swing dependable, repeatable and effortless. This program gives the golfer fitness fundamentals to create consistency, better direction and power while developing the basic golf techniques of the posture, grip, turn & balance. See results & achieve your goals while "keep it going" during the golf season.

Posture = core strength

Grip = strength, positioning/muscle control

Turning = flexibility, balance & strength

Club Head Speed = hinge, turn, club head weight & gravity

Fitness influences: Pilates Ball/Tubing Cardio Stretching

Golf influences: Posture Grip Turn Balance/Rhythm

Tara Roden

Canadian PGA Teaching Professional teams up at the following  
locations with the following Fitness Instructors:

"Okanagan Pilates & Health", Register 250.861.1925

Trainer/ Eileen Galarneau

6 Week Program - 60 Minute Session

Times: Saturday Mornings 9 - 10:00 am  
Dates: Feb. 12, 19, 26, Mar. 5, 12, 19  
Prices: Members Price \$150.00 plus GST  
Non Members Price \$200.00 plus GST

"The Woman's Place", Register 250.762.7255

Trainer/ Julia Deck

6 Week Program - 90 Minute Session

Times: Thursday Evenings 6:30 - 8 pm  
Dates: Feb. 10, 17, 24, Mar. 3, 10, 31  
Prices: Members Prices & TBA  
Non Members Price \$ TBA

"Body Fit" Fitness Club, Register 250.769.5117

Trainer/ TL Schmidt

6 Weeks - 90 Minute Session

Times: Wednesday Evenings 6:30 - 8:00 pm  
Dates: Feb. 16, 23, Mar. 2, 9, 16, 23  
Prices: Members Price \$99.95 plus GST  
Non Members Price \$149.95 plus GST

Please contact any of the instructors with comments, questions or inquiries!



Tara Roden

[Canadian PGA Teaching Pro  
Instructor](#)



Eileen Galarneau

[Pilates Specialist](#)



Julia

Julia Deck

[Fitness](#)

#### **Golf Requires various Fitness Requirements:**

**Walking – 5 miles for 18 holes**  
**Bending – to tee up your ball, looking for lost balls**  
**Lifting – clubs from car/from the ground**  
**Pushing – pull carts**  
**Turning – rotation in swing**  
**Balance – for consistency in swing**  
**Endurance – for concentration and focus**  
**Strength – for balance & power**  
**Flexibility – for balance, power & consistency**

#### **Our Programs include per Session:**

- **Fitness Stretches**
- **Golf technique/drills**
- **Fitness Strengthening/drills**
- **Fitness Cardio**
- **Fitness Stretches**

#### **Handout Materials**

- **Work sheets per session**
- **Drills & Exercises**
- **Training Details**
- **Take home Bag**