

IRONWORKS GOLF ACADEMY

POWER GOLF ACADEMY

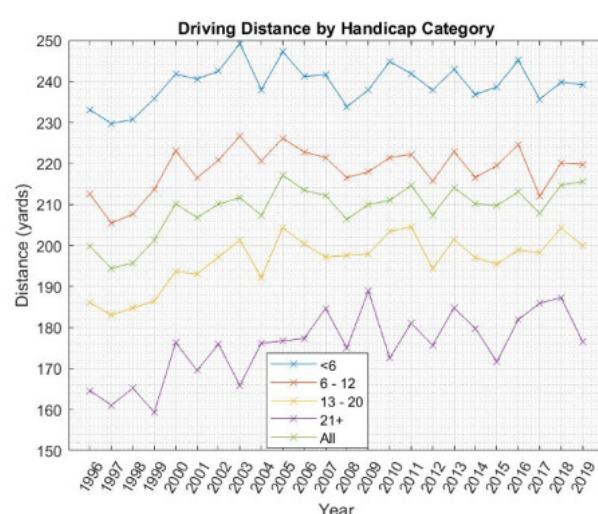
How important is distance for your game? Answer: for every 20 additional yards you gain on average you will lower your handicap by seven strokes! If you're not hitting short irons into par 4's or able to reach the majority of par 5's in two, likely distance is restricting you from reaching your scoring goals! To improve your distance, you must improve your mobility, strength, speed, power, equipment, and swing techniques! The Power Golf Academy solely focuses on these keys areas to increase your swing speed and distance with all clubs. Students train in a golf circuit format filled with exercises and swing drills targeted to improve your fitness and swing techniques.

FOCUS AREAS

- Ground Forces
- Rotary Power
- Swing Levers
- Club and Ball Flight Optimization

WEEKLY CLASSES ON TUESDAYS, JANUARY 3 – MARCH 14, 2023

- Time: 5:30 - 6:30 p.m. and 6:45 - 7:45 p.m.
- Cost: \$395 per person
- Includes: 11 hours of fitness training, home winter workout program, personalized swing instruction and club fitting.
- Limited spots available!



(USGA R&A DISTANCE INSIGHT REPORT, 2020)



PARTICIPANTS ON AVERAGE GAIN MORE THAN 20 YARDS OF DISTANCE AND 5MPH CLUB SPEED WHILE IMPROVING TOTAL BODY POWER BY 15% AND MOBILITY BY 34%



**TO JOIN THE POWER GOLF ACADEMY, CONTACT MIKE TABBERT,
TPI CERTIFIED PROFESSIONAL**

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