

## Instructors:

- Lee Barber
- Dr. Andrew Schneider
- Karina Sanchez

**Workshop Overview:** Are you ready to take your golf game to the next level by understanding how your body impacts your performance on the course? This workshop is designed for golfers of all levels, offering a unique blend of physical and golf-specific training. Through targeted assessments, mobility enhancement, and strength training, you'll gain valuable insights into your body mechanics and how to improve your performance.

## Who Should Attend:

- **Golfers of All Levels:** Whether you're new to the game or an experienced player aiming to fine-tune your swing, this program is customized to help you improve.
- **Performance-Driven Golfers:** If you're eager to understand the connection between your body movements and your golf game, this workshop is for you.
- **Health-Conscious Players:** Perfect for golfers who want to improve their fitness, reduce injury risk, and enhance mobility and strength to elevate their game.

## Fitness Phase

**In-Depth Body Assessment:** Dr. Andrew Schneider and Lee Barber will conduct a comprehensive physical assessment, identifying your strengths and areas for improvement. This analysis provides a detailed understanding of your current condition and highlights the potential for enhancing your golf performance.

## Program Benefits:

- **Enhanced Performance:** Improve swing mechanics, efficiency, and consistency by optimizing how your body moves.
- **Injury Prevention:** Strengthen your body to handle the demands of golf and minimize the risk of injury.
- **Overall Health Improvement:** Beyond golf, this program promotes long-term physical well-being and a more active lifestyle.

## Golf Phase

In the golf portion you will learn key aspects of a repeatable, consistent golf swing focusing on 5 key aspects:

- Face Contact
- Low Point Control

- Club Path
- Club Face on Impact
- Angle of Attack

Using advanced technology, Karina will analyze your current performance and prescribe drills tailored to your specific needs. Each golfer will leave a personalized plan to continue refining their swing on their own time.

**Investment:** \$300 pp