

Titleist Performance Institute

Did you know...

Crystal Lake Golf Club teaching professional, Sheryl Maize is a *Titleist Performance Institute* (TPI) Level 2 Certified Golf Instructor and TPI Level 2 Certified Junior Coach?

One of the hottest trends to improve your golf game is through a golf specific training program. Not only did Annika and Tiger bring fitness into the spotlight, but several top tour players and collegiate players are crediting TPI programs for their success.

If you'd like to work on fixing your most important piece of golf equipment (your body), contact Sheryl to schedule an evaluation and get your customized 18 session stretching and strengthening program designed for your specific swing fault.

Contact Sheryl at: 612-802-1691 or Amaizing68@hotmail.com

Special Introductory Price: \$150 (Normally \$195)

Includes: 1 hour physical evaluation and a swing evaluation, plus 18 sessions of golf specific stretching and strengthening exercises designed to help eliminate your specific swing flaws and physical limitations!

Once your evaluation is complete, you will be given a password and access code for the TPI website where you will be able to view videos of each of your personalized workout sessions. You can do the exercises in your home! Not only will you be able to swing better, you will feel better too!

