



Strong, Grounded, Balanced Yoga Inc.

Strength and Flexibility Fore Golf

Enhance your game, reduce your PAIN! Train for next year's golf season! Develop a strong core. Improve your strength, flexibility, stability, and balance.



Beware: these 90 minute classes are **NOT** your normal exercise classes! They are based on the CHEK Golf Biomechanics philosophy, Yoga and the MELT method. We utilize:

- Golf Specific Warm-ups (5 Min.)
- Functional Strength Training (50 Min.) Using:
 - Dumbbells (weights)
 - Stability Balls (Resist-A-Balls)
 - Resistance tubing
 - Bosu
 - Wobble Boards
- Flexibility Training (35 Min.) Using:
 - Yogic Breathing for relaxation and concentration.
 - Yoga (emphasizing hips, lower back, upper back and shoulders)
 - Small balls for the Feet
 - Foam rollers for fascia or connective tissue.



Winter 2018 - 14 Sessions

<u>Winter 2018:</u>	Sundays – Jan 7 through Apr 08, 2018
<u>Time:</u>	12:00 p.m. – 1:30 p.m. (90 minutes)
<u>Location:</u>	Raven Wellness, 222c Lesmill Road, Toronto (south side of building)
<u>Fees:</u>	\$350 + HST = \$395.50 (14 Classes * \$25 per class) First timers can try a class for \$25 + HST = \$28.25.
<u>Payment:</u>	Cash, or Cheque to “SGB Yoga”.

To register: Call or email
For more information: Call, email or visit website.

Strong, Grounded, Balanced Yoga Inc.

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Instructor: Joseph Donnelly is a certified Golf Biomechanic, a Registered Yoga Teacher, a certified Pilates Instructor, a certified Group Fitness Instructor **and a Golfer**. He has been teaching fitness for over 30 years