



TSAWWASSEN WELLNESS CENTRE

Pilates for Golfers



Hit the ball farther, straighter and more accurately with less chance of injury....

"The TWC instructors were quick to find my muscular imbalances which led to my back and ankle pain. I can now golf a full round pain free! Not only has my game greatly improved, it's now so much more enjoyable. Thanks TWC, your experience and knowledge of the body is greatly appreciated!"
Susan K. Client since 2002



Strong core muscles are key for a strong golf swing and strong game. We design a conditioning program that corrects muscular imbalances, which helps prevent injuries, increases flexibility & stability, and refines balance. By building core strength you develop a platform essential for improved golf.



Our Pilates for Golf program teaches movement patterns specific to golf, as well as addresses **your specific needs** to reduce pain and improve your game!.

PILATES HELPS YOU:

- Build up your back muscles evenly
- Elongate and align your spine for better stability
- Strengthen your abdominals
- Increase overall flexibility, strength and balance
- Increase range of motion in hips and shoulders
- Enhance concentration through focused breathing



SPECIAL OFFER:

Create your own group of 4 people and save 10% off your registration!
(that's a FREE Class!)

**GROUP, ONE ON ONE AND DUET INSTRUCTION AVAILABLE.
CALL TODAY AND IMPROVE YOUR GAME FOR TOMORROW!**

604.943.8823

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604.943.8823 ● www.twconline.ca**