Headline: **18 Holes of Stamina**

Sidebar: pic of ‘BUBBA golfer’ in powerhouse swing

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**Golfers’ Strength Training and Core Conditioning Program\*** promises to help you:

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* Strengthen your core
* Create new muscle memory
* Work your body more uniformly
* Boost your power and range of motion
* Protect your body from injuries
* Increase energy to pursue your favorite pastime!

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* ***$199 Golfer’s Intro Package Special includes:***
* 3 Personal Training sessions ($300)
* 2 Private 1hour Golfers’ Pilates sessions ($200)
* 5 total sessions within 21-days to maximize golfing benefit

**Ready to lower your handicap? Take your game up a notch?** Let our Golf Fitness Professionals tailor a program to your performance goals. Call **(510) 339-1800** or come by Golden State Fitness and Performance, 2011 Mountain Blvd, Oakland, 94611

Note: pic –excited female golfer’s ball going into hole(in lower right corner, if possible).