

## **Golf Fitness Program**

### **For All Middle School and High School Boys and Girls Interested in Golf:**

PGA professional and founder of *Swing FORE Life*, Mat Kent, will be running a six week golf specific fitness program this winter at Ridge High School. The class will meet once a week. Students will have the opportunity to develop balance, strength, speed, and power, as well as work on the fundamentals of the golf swing. All levels are welcome as the program will individualize instruction based on an initial golf specific functional movement screen. At the conclusion of the program, all students will be given a personalized web-based program with exercise and swing drill recommendations. Come learn about the program on Monday, 12/19, at 2:45 p.m. in room 404 at Ridge High School. You can contact Greg Zande at [gzande@bernardsboe.com](mailto:gzande@bernardsboe.com) or Siobhan Devlin [sdevlin@bernardsboe.com](mailto:sdevlin@bernardsboe.com) if you have any questions.