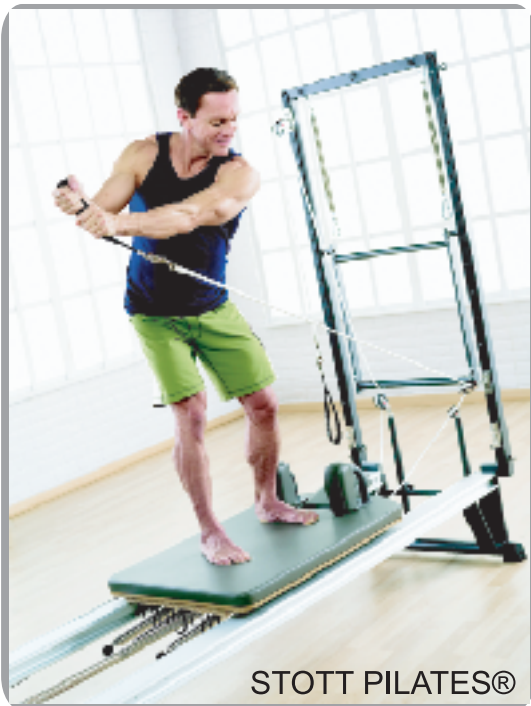


GOLFERS PROGRAM information

The "ABC Pilates for Golfers" program is an 8 session (4 week) course where the client receives personalized instruction tailored to meet individual needs. Each session is one hour.

Near the completion of the course the client will be coached on Pilates exercise methods that they can do at home and on the golf course so that the benefits can continue.

You will find this program extremely rewarding for both your golf game and your overall health and well being.



HOW GOLFERS BENEFIT from Pilates

If one part of your body is functioning incorrectly the other parts will be affected. Think of the Golf swing as an efficient machine. Each part of it depends upon the other parts.

Our Pilates program is based on this concept.

**We will produce results
that are real and
measurable in the quickest
amount of time possible.**

ABC Pilates is located In the
Neapolitan Way Shopping Center
4601 N. Tamiami Tr., Naples



ABC Pilates
Personal Instruction + Private Studios

golf specific pilates



Joanna Cox - Certified Golf
Fitness Instructor

Call 239.398.5363
Or visit us online at: www.Joannacox.com

FORE!

In 4 weeks you could hit your **ball**
farther, straighter,
with more accuracy, and,
less pain.

MORE STRENGTH

Most of the professional golfers on the PGA tours are exercising to improve their bodies and their games. And many of them (Grace Park, Tiger Woods, and Camilo Villegas) are using Pilates.

"Pilates is going to add five, six, seven...years to my career."

--Rocco Mediate; PGA Tour pro

Golfers of all levels find that consistent Pilates practice quickly improves their games and reduces pain and injuries.



"We have been helping golfers improve their game for over 4 years."

--Joanna Cox;
Owner ABC Pilates

MORE DISTANCE

Golf legend, **Butch Harmon**, founder of the Butch Harmon School of Golf in Las Vegas is a Pilates convert. A skeptic at first, Butch admits that practicing Pilates has led directly to an increase in his flexibility and a significant increase in distance.

"Pilates has totally freed up my shoulder and hip rotation, and I probably hit the ball 20 to 25 yards farther than I have in the last 10 years."

--Butch Harmon



MORE ENDURANCE

With Pilates you will learn to focus on making the right muscles do the work, taking strain off of other muscles. You will also learn how to align your body correctly, to breathe efficiently, and to be aware of unwanted tension creeping into your body. This form of relaxed concentration is invaluable in understanding how to create a consistent and effective golf swing.

