

GolFit Course

Get fit in preparation for the season!

Sign up for our 6 week course and get physically prepared to start the season in great shape. In the 6 hourly sessions you will work on the areas of fitness important for golf performance and injury prevention. Get motivation from our highly qualified Sports Physiologist, Helen Weavers, who has 7 years experience in working with all levels of golfer (amateurs, professionals, SGU and SLGA national squad programmes).

The positive feedback from our clients says it all...

“I had used the warm up exercises before playing on Saturday. That round turned out to be the best I'd played in a couple of years, taking my handicap from 7 to 5.”

“I had my best finish last week coming tied 2nd. I am also starting to notice a huge difference in my hamstrings and my back is feeling great, bring on the next 5 weeks.”

“The sessions I attended were definitely useful and interesting. I think that the exercises were relevant to golf and the instructions were good. Also, Helen was very helpful and friendly.”

- **When?**

Thursday's from 5.30-6.30pm
starting on the 24th February
until the 31st March

- **Where?**

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- **Cost?**

Members £30

Non members £38

contact helen on 01382 385674 or email
h.m.weavers@dundee.ac.uk to book a place

Get in early as places are limited!

