



Good Energy Sport's Performance



12 Week Pre-Season Golf Program

Thursday: 7-8:00pm Jan 21- April 8, 2010
\$30. Each Session/\$360.00 paid in full

For the past 7+ years, the Good Energy Staff has excelled in preparing athlete's for their sport with proven results.

*Don't wait until this Spring to get ready for golf season.
Make a commitment for your 2010 Golf Game — Now!*

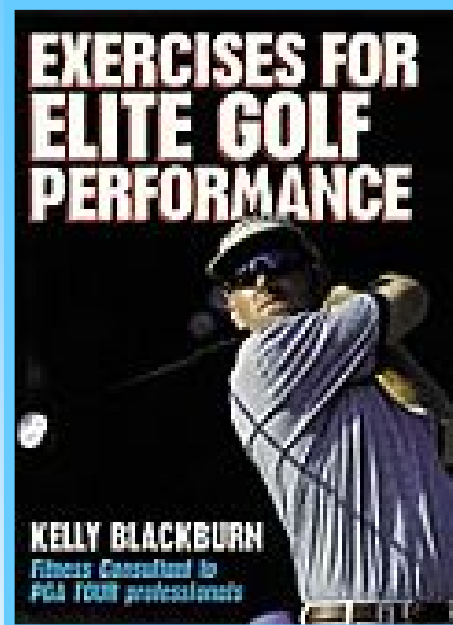
*Train at GE with the Focus you have on the 1st Tee Box
& at the 18th green!*

- **Dynamic Warm-Up**
- **Flexibility**
- **Core Stability**
- **Core Strengthening**
- **Conditioning**
- **Dynamic Movements**
- **Golf Strength Training**
- **Balance Training**
- **Cooldown**



Be a **MORE CONDITIONED** "Human" Golfer.
...You are **NOT** a Machine...
but we **WILL** help **YOU** move better!

***YOU DON'T NEED to read a book on it,
Train Like A Pro at Good Energy ALL Winter !***



Call the Shop: 201-760-9900
Confirm your spot
in the Program Today!

260 W. Crescent Avenue #2
Allendale, NJ 07401
www.goodenergytraining.com



MIND-BODY- SPIRIT-Good Energy!

Our job is to Take YOUR Game to next level!