



GOLF
TRAINING
INSTITUTE

FITNESS INSTRUCTOR TRAINING WORKSHOPS

Train Golfers the Right Way in the Off Season!

Build the Proper Basics for a Solid Golf Foundation

Saturday, January 9th

9:30 am – 12:30 pm

Learn the right stability mobility model based on the biomechanics of the golf swing to increase optimal performance and avoid common injuries.

Take your Golfers to the Next Level

Saturday, January 9th

1:30 pm – 4:30 pm

Learn how to progress your golfers by choosing the right movements and executing them properly to create golf movement patterns and support swing mechanics!



workshops taught by

Libby Burwell, Titleist Performance Institute (TPI) Certified Instructor with Level 3 Golf Fitness, Level 2 Golf BioMechanist & Junior Golf Development, a C.H.E.K. Certified Golf BioMechanic, STOTT PILATES® Certified Instructor with a M.S. in Exercise Physiology

Eva Dahllof, 17 year veteran LPGA Tour Professional, Zen Pilates® Golf Performance Advisor

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