



FREE GOLF FITNESS CLINIC SCHEDULE



LOCATION: LANDA PARK GOLF COURSE

TIME: 10AM - 11 AM

COACH: MICHAEL TREVINO

DATE	CLINIC NAME	DESCRIPTION
APRIL 3	INTRO TO GOLF FITNESS	LEARN HOW TO UTILIZE YOUR BODY BETTER IN THE GOLF SWING
APRIL 10	SLICERS ANONYMOUS	WHY ARE YOU SLICING? HOW TO FIX IT?
APRIL 17	PERFECT YOUR TAKEAWAY	OPTIMIZING YOUR TAKEAWAY LEADS TO BETTER BALL STRIKING
APRIL 24	THE TRANSITION	UNSTABLE? LOSING POWER? OFF PLANE? HERES THE FIX
MAY 1	HANGING BACK	ADDRESS THIS SWING FLAW AND NEVER HIT IT FAT AGAIN
MAY 8	SPEED IS KING	SPEED. HOW CAN YOU GET MORE OF IT?
MAY 15	CASTING THE CLUB	WE ALL WANT LAG, HERE IS HOW YOU CREATE AND PRESERVE IT
MAY 22	STABILITY AND POSTURE	PUTTING AN END TO SWINGING OUT OF YOUR SHOES
MAY 29	LOSS OF POSTURE	CREATE POWER FROM THE CORRECT SOURCES
JUNE 5	POSTURE PERFECT	WHY POSTURE SO IMPORTANT TO BETTER BALL STRIKING
JUNE 12	OVER THE TOP	ADDRESS BEING OVER THE TOP AND FINALLY HIT A DRAW
JUNE 19	FLAT SHOULDER PLANE	LOSING POWER? OFF PLANE? HERES THE FIX
JUNE 26	FLYING ELBOW	TAKE CARE OF YOUR SHOULDERS AND AVOID INJURY
JULY 3	SWAY, SLIDE, BUCKLE	THESE ARE A FEW OF MY LEAST FAVORITE THINGS
JULY 10	REVERSE SPINE ANGLE	THIS LOW BACK KILLER HAS NO PLACE IN YOUR SWING
JULY 17	FORWARD LUNGE	MAJOR SOURCE OF INCONSISTENCY
JULY 24	SCOOPING	HIGH, SHORT BALL FLIGHT? NIX THE SCOOPING
JULY 31	CHICKEN WING	SAVE IT FOR THE DINNER TABLE. CLEAN UP THAT SWING

**TPI
CERTIFIED**



FOR MORE INFORMATION CONTACT COACH MICHAEL TREVINO
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