

# GOLF FITNESS OFFERINGS & PRICING

**Golf Fitness Consultation (Free)** | A consultation with TPI Fitness 2 Certified coach to discuss performance goals, injury history, and how golf fitness can elevate your game while staying healthy. A condensed version of movement assessment will be performed with explanation how physical limitations effect the golf swing. (30 minutes)

**Golf Fitness Assessment (\$75)** | A 16 screen test that assesses your current movement capabilities, identify limitations, and provide you with your Body-Swing connection. A complete summary of the results will be discussed and explained in detail how they may be preventing you from your optimal performance.

**Golf Fitness Assessment + Fitness Evaluation (\$125)** | Includes the 16 screen golf fitness assessment as well as 7 golf specific power and strength tests. These 7 fitness tests will show where individuals are adequate relative to top end golfers as well as where they can enhance their game. With the results of this screening process, the fitness professional can individualize a golfers fitness program to help maximize that individuals results

**Golf Fitness Personalized Coaching (\$75/session or packages available below)** | 1 on 1 training environment that will address each golfers needs based off of the screening process while being sport specific. Workouts will be designed to focus on physical limitations and weaknesses while continuing to build on the strengths of each golfer. Sessions will last 45-60 minutes.

- **Personalized Coaching Packages: 9 sessions for \$55 | 13 sessions for \$780**

**Small Group Training** | Get the same benefits as 1 on 1 coaching, but in a group setting. Each workout will still be customized to each individuals needs based off of the screening process. Sessions will last 45-60 minutes.

- **Small Group Training Packages: Twice a Week \$410 | Three Times a Week \$535**

**Program Design (\$500)** | An individualized 3 month program designed for golfers to follow that targets weaknesses and limitations. This package includes an initial assessment and fitness evaluation as well as a second assessment halfway through the program to re-assess the needs of the individual and progress made.

**Questions? Contact Matt, Fitness & Wellness Programs Manager, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org) or 701-243-7643**