



GET BACK IN THE SWING OF THINGS

PILATES FOR GOLFERS

After a long winter, you're anxious to get back out on the links. We're here to help you do that safely.

Join Gary Foster in this 4-week program using clubs and techniques to get your core and lower back ready for the perfect swing. The controlled movements and focus on core strength in Pilates directly translate to improved posture, stability, and flexibility on the golf course.

Questions? Please contact Karen at 814-899-9622 or kmclellan@ymcaerie.org

EASTSIDE FAMILY YMCA
2101 Nagle Road., Erie, PA 16510
814.899.9622



DAY:
Wednesdays
March 19 Thru
April 9

TIME:
11:00am - Noon

COST:
\$15 Members
\$30 Non-Members

Scan QR code to register or for more information.