

FALL ADULT & SENIOR CLASSES ONLY \$299

FYI: FIVE KEY COMPONENTS:

1. SENSORY-BASED GOLF INSTRUCTION
2. GOLF-SPECIFIC STRENGTH AND CONDITIONING
3. TWO OUTDOOR LESSONS AT THE BALLYBUNION
4. ONE ON-COURSE PLAYING LESSON
5. ONE UNBELIEVABLE PRICE!

CLASS SIZES UP TO 6 PLAYERS.

LEARN THE GAME LIKE IT'S PLAYED, IN SMALL GROUPS!
 CLASSES MEET FROM LATE AUGUST THRU MID OCTOBER.
 YOUR GROUP DETERMINES CLASS SCHEDULE.

FIVE INDOOR GOLF SKILL ZONES INCLUDE:

DIGITAL FULL SWING, SENSORY TOOL DRILLS, SPINNING WEDGES, MULTI-CLUB CHIPPING AND AIM-TO-WIN PUTTING.

FOUR, 2 HOUR CLASSES OFFER GOLF INSTRUCTION FROM PROFESSIONAL SKILL DEVELOPMENT COACHES AND STRENGTH AND CONDITIONING FROM CERTIFIED PERSONAL TRAINERS. CLASSES INCLUDE 2 OUTDOOR SESSIONS AT THE BALLYBUNION GOLF LEARNING CENTER, TWO-9 HOLE ON-COURSE PLAYING LESSONS ON AREA GOLF COURSES AND A CLASS T-SHIRT.



WHO: ADULT & SENIOR MEN, WOMEN & COUPLES ALL AGES AND SKILL LEVEL ARE INVITED

ALL GOLF INSTRUCTION, STRENGTH AND CONDITIONING TRAINING IS SCALED TO ACCOMMODATE DIVERSE AGE, SKILL AND FITNESS LEVELS.

COACHES: TOM HANSEN, DIRECTOR OF GOLF, BILL KNUTSON & JON HALL, SENIOR LEAD COACHES FOR ZONEGOLF-HP BRING A COMBINED 100 YEARS OF GOLF EXPERIENCE TO EVERY SESSION!

WHEN: CLASS TIMES TO BE DETERMINED BY YOUR GROUP

PICK A DAY AND TIME DURING THE WEEK THAT WORKS WITH YOUR GROUP'S BUSY SCHEDULES!

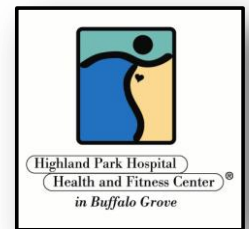
AUGUST							SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31	26	27	28	29	30	24	25	26	27	28	29	30						

WHERE: HIGHLAND PARK HOSPITAL HEALTH & FITNESS CENTER

1501 BUSCH PARKWAY BUFFALO GROVE, IL 60089 **847-229-0292**

BALLYBUNION GOLF LEARNING CENTER

ROUTE 83 & APTAKISIC RD LONG GROVE, IL 60047 **847-634-3363**



WHAT: WEEK.1 HPHHFCC

GOLF INSTRUCTION
 GOLF SPECIFIC STRENGTH AND CONDITIONING

WEEK.2 BALLYBUNION

GOLF INSTRUCTION
 FULL SWING, SAND SHOTS
 PUTTING

WEEK.3 HPHHFCC

GOLF INSTRUCTION
 GOLF SPECIFIC STRENGTH AND CONDITIONING

WEEK.4 BALLYBUNION

GOLF INSTRUCTION
 FULL SWING, SAND SHOTS
 PUTTING

WEEK.5

OFF-SITE WARM -UP
 9 HOLE PLAYING LESSON
 WRAP UP W/ZG STAFF

WEEK.6 HPHHFCC

GOLF INSTRUCTION
 GOLF SPECIFIC STRENGTH AND CONDITIONING

ZONEGOLF, INC. RESERVES THE RIGHT TO ADJUST CURRICULUM BASED ON THE GOLF SKILL LEVEL AND FITNESS TRAINING NEEDS OF ALL PARTICIPANTS.

FOR MORE INFO, STOP BY THE SERVICE DESK, CALL OR VISIT OUR WEBSITE AT:

847-419-7127 WWW.ZONEGOLF-HP.COM