

Fitness/Golf Classes • Located at Rio Sport&Health
9811 Washingtonian Blvd • Gaithersburg, MD 20878

Fitness Only
 Golf Only
 Fitness & Golf

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am Golf Fitness Class	11:30pm 30 min Putting	9:00am Golf Fitness Class		9:00am Golf Fitness Class	10:00am Setup / Backswing Golf & Fitness
		12:00pm Golf Fitness Class		12:00pm 30 min Full Swing	10:00am Golf Fitness Class	11:00am Golf Fitness Class
					12:00pm 30 min Short Game	12:00pm 30 min Supervised Practice
5:30pm 30min Instructors Choice	5:30pm 30min Short Game	5:30pm 30 min Bunker Class	5:30pm 30min Putting	5:30pm 30min Full Swing		
6:00pm Golf Fitness Class	6:00pm Transition / Downswing	6:00pm Golf Fitness Class	6:00pm Impact / Release			

All classes are 45 minutes in length unless otherwise noted. • Class size is limited. • Golf classes are limited to 3 per week.
• Please call or sign up at the front desk to reserve your spot in the action 301-519-1920.

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Balance and Shoulders:

This class will take you through a complete shoulder development and balance program. This is a must for anyone with rotator cuff problems, shoulder flexibility issues, and those of us who do not have the balance that we used to.

Core Strength for Golf:

This class is a lower intensity power and speed class. We will target all those trouble areas of strength and stability in the core. Your abs and glutes will definitely feel the burn.

Power Golf and Speed Development:

Are you looking to hit the ball farther? If X-factor is not your problem this is the class for you. If you can separate your upper body and lower body, perform a full deep squat comfortably, do 15 push ups in a minute, and have good flexibility then come join us for the most intense class Clubgolf has to offer. We start at full speed so make sure you have a few beads of sweat on your brow before class starts. MAX: 6 PEOPLE

Total Body Blast:

If you want a total golf workout then this class is for you. You will focus on upper body, lower body, core and glutes to help you hit the golf ball more consistently.

X-Factor Flexibility and Power:

The key to a consistent and powerful golf swing is separation of the upper and lower body. This class focuses on creating strength utilizing the separation of the upper and lower body by training the core and rotational muscles as well as keeping those muscles long to give you the maximum possible club head speed.

Full Swing:

A chance to compete with one of the Clubgolf Professionals, Spend the first 15 minutes in competition with other members and the Golf Professional. The last 15 minutes of class, the winner receives a private lesson while the rest of the class watches and learns.

Golf & Fitness Setup/Backswing, Transition/Downswing, and Impact/Release:

These classes are by exercise prescription only. After you have met or talked with a Golf Fitness Instructor or a PGA Professional we will recommend which class will be best for your swing. Let us help you target a specific area of your swing and correct the problems. The fitness portion will be a mix of all the classes from the past (X-Factor, Shoulders, Balance, and the Blast classes.) Let these classes take your game to the next level!

Instructors Choice:

Swing faults are like diseases. They cause misery and pain. They also have fancy names. Come to this class for your full swing fault diagnoses. It may help clarify what you should be practicing.

Short Game:

Come to class with your questions about the backswing. We will use the video to discuss important elements of the takeaway, and the top of backswing position.

Supervised Practice:

Ever wonder how the tour players hit it high and low? How the curve the ball left and right? Come to this class to learn how to work the ball.

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