

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 Strength, Conditioning & Flexibility	9:00am X-Flexibility & X-Power	8:00am *Golf Strength, Conditioning & Flexibility		8:10am Core / Strength	11:00am 30min Transition / Downswing
		10:00am 30 min Putting			9:00am X-Flexibility & X-Power	11:30am 30 min Impact Release
5:00pm 30min Short Game		5:00pm 30min Supervised Practice		12:00pm 30 min Full Swing	12:00pm 30 min Full Swing	
5:30pm 30min Supervised Practice	5:30pm 30min Full Swing	5:30pm 30 min Short Game		12:30pm 30min Putting		
6:00pm *Golf Strength, Conditioning & Flexibility	6:00pm 30min Power Swing	6:00pm Myofascial Release & Flexibility	6:00pm Golf Strength, Conditioning & Flexibility			

* This class will be held upstairs at the TRX frame.

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

*Please give 24 hour notice before signing up for weekly classes. If nobody signs up within 24 hours, classes will be canceled.

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Short Game:

Work on your chipping, pitching, and bunker play with our Clubgolf Professionals

Supervised Practice:

Come work on your drills in front of one of our Clubgolf instructors. It's nice to know you're practicing correctly.

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.

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.

Full Swing:

If you've been struggling with your long game. This is a great class to compliment your Private lesson package.

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!

Myofascial Release and Flexibility:

soft tissue therapy for the treatment of skeletal muscle immobility and pain. This alternative medicine therapy aims to relax contracted muscles, improve blood and lymphatic circulation, and stimulate the stretch reflex in muscles

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