



correct.

GOLF

GROUP TRAINING

Golf challenges the body's, mobility, flexibility and strength endurance. At Correct we have taken these fundamental principles and designed a unique program to test for strengths and weaknesses specific to the golf swing. Through these findings, exercise programs and circuits are developed to increase your 'golf fitness' and ultimately have you shooting less on the course, and dropping that handicap.

Train with other like minded golfers under the supervision of one of Corrects exercise specialists to work through a range of core and mobility exercises. Increase joint range of motion and strengthen surrounding structures while improving endurance to keep you hitting the perfect shot, round after round.

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w