

# PROGRESSIVE SPORTS CONDITIONING

With Steve Sobonya  
& Todd Johnson

PRESENTS:



## Body Improvement For The Active Golfer

### Program Benefits:

#### GOLF

- Increased Flexibility
- Increased Distance
- More Powerful Swing
- Decrease Pain/Stiffness
- Achieve the Proper Golf Positions
- More Energy/Stamina

#### LIFE

- Posture/Body Alignment Corrections
- Healthier Lifestyle
- Reduced Risk of Injury
- More Strength
- Feel Better Physically =
- Feel Better Mentally

# "More Fun!"

\*Group Sessions

Limit 10 People per Session

\$60<sup>00</sup> First Session

(Rates Reduced to \$30<sup>00</sup> for Follow Ups)

Sign Up or Contact

Todd Johnson (559) 999-4358

or

Steve Sobonya (559) 307-6484

### **FEEL & LOOK BETTER**

Sign up to take advantage of these benefits, and learn a program to maximize your golfing ability.

Sessions on Tuesdays & Thursday  
Starting November 19th @ 6:45 PM  
Sierra Sport & Racquet Club

\*For Optimal Results 2 Sessions per Week Recommended