

GOLF FITNESS PERSONALIZED PROGRAM

If you are interested in learning exercises to help improve your flexibility and strength for your golf swing but don't know where to start, this is the program for you. Utilizing a thorough evaluation developed by the Titleist Performance Institute and used on over 60 PGA professionals, we will identify your individual deficits in strength, flexibility, range of motion, balance, and coordination that hinder your ability to play your best. We will address your specific problems through various exercises and drills that can be done at home or in the gym.

PRICING:

Initial Evaluation.....	\$175
Oxford Direct Club Member: Initial Evaluation.....	\$150
Additional Full Visit.....	\$115
Oxford Direct Club Member Additional Full Visit...\$100	
Additional Half Visit.....	\$65
Oxford Direct Club Member Additional Half Visit...\$50	



For more information on the Golf Fitness Program or to schedule a session, please call 513.701.6100 or schedule online at oxfordphysicaltherapy.com.



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