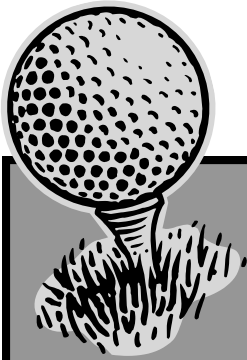


Access Acceleration

www.accessacceleration.com

BEGINS  
APRIL 3RD!!!!

*Train Hard Now. . .Play Hard Later!!*



# GOLF FITNESS

**Session I**  
April 3rd—April 26th

**Tues & Thurs**  
5:30-6:30pm  
**OR**

**Session II**  
May 1st-May 24th  
**Tues & Thurs**  
5:30-6:30pm

Cost: \$160.00  
(\$20.00 per class)

**ALL  
ABILITY  
LEVELS  
WELCOME!!!**

## Golf Fitness For Injury Prevention

Access Acceleration is pleased to announce its Golf Fitness Program for 2007! We will teach you the many different training components to a golf specific fitness program.

These are just some of the many benefits you will attain to improve your game this season:

- Improve your clubhead speed
- Increase your power output during your swing
- Develop golf specific muscles directly involved in your swing
- Improve your distance and accuracy
- Increase your flexibility to improve your swing

- Learn how postural balance is a part of your game
- Learn on-course warm-up exercises
- Learn why balance is one of the golfer's key fitness components
- Learn how to train to prevent back pain and other "nagging" golf injuries!!!

### Access Acceleration

Seacoast Athletic Center  
8B Continental Drive  
Exeter, NH 03833  
www.accessacceleration.com

Karen Kay  
Sports Performance Director  
Phone: 603-778-4890  
E-mail:  
karenkay@accessacceleration.com



## Sports Enhancement Training



*Sports Enhancement Training*

# GOLF Fitness Classes For Injury Prevention

Call 603-778-4890 or Email: [KarenKay@accessacceleration.com](mailto:KarenKay@accessacceleration.com)

Session I: \$160.00  
Session II: \$160.00

April 3rd–April 26th  
May 1st–May 24th

**TUESDAYS AND THURSDAYS @ 5:30-6:30PM**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male Female Email: \_\_\_\_\_

***WWW.ACCESSACCELERATION.COM***

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## PAYMENT INFORMATION

Please Check: CASH CHECK VISA MASTERCARD

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Access Acceleration  
8B Continental Drive  
Exeter, NH 03833  
603-778-4890