

FREE FOR MEMBERS!



THE
BODY
SWING
CONNECTION

April 7, 2023

3 - 4:30 PM

Ranch Spin Studio

INSTRUCTOR: NATE SCHUMACHER



Take your golf game to the next level by improving your mobility and increasing your strength and power. Nathan Schumacher, Certified Strength and Conditioning Specialist, also holds a certification from the Titleist Performance Institute. This seminar will provide insight into how your body functions during the golf swing and what you can do to increase strength, power, and enhance your performance.

**PLEASE REGISTER BY EMAILING
NATHAN_SCHUMACHER@OTOWFL.COM.**


THE RANCH
FITNESS CENTER & SPA

RANCHOCALA.COM
8385 SW 80th St, Ocala, FL 34481
352-861-8180

