



Cardio Golf Program

Program Description

- **Cardio golf is a golf fitness program designed to teach the mechanics of the golf swing without hitting a ball. Cardio Golf is a way for golfers to improve their swing mechanics and fitness levels at the same time.**
- **Diane Rama, LPGA Teaching Professional, will take you through a battery of exercises designed to improve your body movement and swing technique.**
- **Class will start with a 5 to 10 minute warm up/stretch period, then 20 minutes of golf swing exercises without hitting ball. Each exercise will be performed for 1 minute. Diane will demonstrate exercise, students will perform exercise for 1 minute, and Diane will take questions or comment on performance of exercise by students.**
- **Consistently repeating golf swing exercise without a ball can accelerate your improvement on the golf course. Without the judgment of where the ball is going you can repeat the correct swing motion until it is ingrained into your memory and then the motion will be comfortable and natural on the golf course.**

Cardio Golf Class Schedule/Fee

Fee: \$10 p/p per session

- April Schedule

- Monday: 9th, 16th, 23rd, 30 – 8:45am
- Friday: 6th, 13th, 20th, 27th – 9am

- May Schedule

- Monday 7th, 14th, 21th – 8:45
- Wednesday 9th, 16th, 23rd – 4pm

- June Schedule

- Monday: 4th, 11th, 18th – 8:45am
- Saturday: 16th, 23rd, 30th – 11am

- July Schedule

- Monday 2nd, 9th, 16th – 8:45
- Saturday 7th, 14th, 21st – 10am

- August Schedule

- Monday 6th, 13th, 20th – 8:45am
- Wednesday 8th, 15th, 22nd – 4pm

- September Schedule

- Monday 10th, 17th, 24th – 8:45am
- Saturday 15th, 22nd, 29th – 10am

You will need a 7iron and Driver. Diane will be providing a Short Training Club for Cardio Golf portion of program. Please wear comfortable golf clothing, golf shoes/sneakers, bring water bottle, and sun screen.

Sign up is required to reserve your spot in class. Please fill out registration form (found on website) and send to Diane Rama with payment.

For more information on this program and others please contact Diane Rama at 215-896-3764 or email her at drbo@juno.com