

Madison Healthplex Performance Training Center

in partnership with Randy Watkins Golf



Junior Golf Winter Series

This program will provide golf specific functional training that includes rotational strength, mobility, stability, power, coordination, etc. Train your body to move the best to produce an efficient golf swing.

TPI pre-screen with Ben Adcock PT/TPI certified
November 27th starting at 3:30 PM

Personalized Golf Specific Performance Training
December 5th-January 12th | Tuesday 4:30 PM - 6:00 PM

TPI post-screen January 19th at 4:00 PM

This program is for boys and girls ages 9-16

8 Sessions total - \$120 per person

ONLY 16 SPOTS AVAILABLE - RESERVE YOURS TODAY!



For More Info:

Thomas Watkins - Golf Instructor - thomas@randywatkinsgolf.com

To Register Contact:

Kristin Slay 601.856.7757 or kslay@healthplexperformance.com



STACK
SPORTS PERFORMANCE TRAINING