



CERTIFIED

GOLF PERFORMANCE

Elevate your Golf Game with OPS Performance Training

- TPI fitness level 2 trainer will help take your game to the next level
- Improve your club head speed
- Increase mobility and stabilization
- All new athletes will go through an in-depth 16 point evaluation
- Classes available for middle school - college athletes
- Private training sessions available upon request



**TO SCHEDULE YOUR EVALUATION AND
FOR MORE INFO CALL 260-479-2720**

OptimumPerformanceSports.com

8 Week Program - STARTS OCT. 3rd

**Monday - Thursday 3:30pm
OPS Fitness Club**

**Middle School athletes 2x week,
High School 3x/week**