

HEY... Does Your Golf Game Stink?

Know Why?

No...

It's not your expensive clubs and lack of practice or instruction! It's your dysfunctional body! After all, "Your body faults are your swing faults®!"



“Come in and let us solve your swing faults from the inside out!”

Dee Tidwell, Owner of Championship Golf Fitness, is the Director of Golf Fitness at MetaGolf Learning Center, CU Men's Golf Strength and Conditioning Coach.

You will...

- 1. Decrease or eliminate pain**
- 2. Drop your swing faults and bad patterns**
- 3. Hit it further and with more consistency**
- 4. Enable your body to do what your golf pro wants you to!**
- 5. Beat your friends!**

Achieve your golf and fitness goals by:

- 1. Colorado's only Golf Fitness Boot Camps**
- 2. Golf specific stretching and conditioning programs**
- 3. Muscle Activation Techniques**
- 4. Colorado's Junior golf fitness leader**

**FREE Titleist Performance Institute
evaluation when you mention this ad!**

Contact: Dee Tidwell 303.883.0435 deetidwell@gmail.com

www.championshipgolffitness.com



**Do what PGA Tour Winners Joe Durant
and Arron Oberholser do... train with
Championship Golf Fitness!**

METAGOLF
LEARNING CENTER

*Mind.
Body.
Swing.*

