

TPI Golf Fitness Assessment & Pro Site Access

TPI does not believe in one way to swing a club, rather in an infinite number of swing styles. But, we do believe there is one efficient way for every player to swing and it is based on what the player can physically do. The most efficient swing is not the same for every golfer, because efficiency is unique to their body. To achieve an efficient swing, a golfer must first be screened. This screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history. Once this screen is finished, the results are used to create a plan unique for that golfer. The plan may include fitness training, physical therapy and treatment, coaching of swing mechanics and biomechanics, nutrition, mental strategy or all of the above.

TPI Physical Screen is designed to find the physical limitations that are holding you back from playing your best golf. Once we identify the limitations, we will provide you with corrective exercises and motor learning drills to remove these limitations and have you playing and feeling your best.

Prices & Packages

Assessment	\$99
30 Minutes Session	\$55
60 Minute Session	\$85
Pro VI Package	\$324

Pro VI Package includes Assessment, Three 60 Minute Sessions and access to the TPI ProSite

*TPI ProSite includes access to workout programs custom designed for you, assessment results and the capability to communicate with your trainer.



MARK MILLER
NASM-CPT, CES, SFS, GFS, TPI 1-CGFI



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⟨CERTIFIED⟩

For more information or to sign up, call **561-743-2191**

