



# FIT 4 GOLF

Train Like the Pros



**Theresa M. Locke, DPT** studied at UC, Berkeley earning two degrees in Exercise Physiology. Her graduate degrees in Physical Therapy are from USC (MS 1985) and Evidence in Motion Institute (DPT 2010). Theresa is a Titleist Performance Institute trained fitness instructor dedicated to training golfers at all levels of skill.



**Chris Borrego** is a PGA Professional with decades of experience teaching golf to players of all levels. Chris has a BA Degree from Sacramento State University. He played golf in college and still plays in events with the Northern California PGA Section. He was a member of the prestigious Hannah Wehrman Cup Team in 2011. Chris' students show marked improvement in their ball striking through the use of High Speed Video analysis .



Greenhorn Creek Resort's Golf Academy has been created to offer an excellent instructional golfing experience in the Gold County.

Video lessons are recorded using a high-speed digital camera. When viewed through the V1 Pro Coaching System software, instructors break down your swing and can quickly help you make corrections. Your lessons are available for viewing online through the Greenhorn Creek website for reference and measure progress over time.



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*A Collaborative Program  
from*



and



# GET FIT PERFORM BETTER

Pinnacle Physical Therapy has teamed up with the golf professionals of the Greenhorn Creek Golf Academy to offer a golf performance fitness program. A combination of joint mobility, stability, and strength is required for a dynamic golf swing that increases distance and lowers scores. This program is designed specifically to address the unique needs of each individual and combines physical assessment and training drills with swing video assessment and instruction. It is the perfect fit to prevent injuries, improve play and enhance one's enjoyment of their golf game.



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www.PinnaclePT.net



Unparalleled Credentials, Care and Outcomes

- Increase Strength and Swing Speed
- Improve Flexibility and Technique
- Prevent Injuries—Play More
- Gain Greater Distance
- Lower Scores!



*Sessions are private and customized.  
Purchase the program at either  
Greenhorn Creek Pro Shop or  
Pinnacle Physical Therapy.  
To schedule an appointment  
CALL (209) 736-0956*

## PRICING

<b><u>PAR PACKAGE</u></b>	<b>\$195</b>
Initial Evaluation	
1 Physical Training session	
Take Home Exercises	
<b><u>BIRDIE PACKAGE</u></b>	<b>\$295</b>
Initial Evaluation	
1 Physical Training Session	
1 Golf Video Lesson With PGA Pro	
Personal Custom Exercise Program	
<b><u>EAGLE PACKAGE</u></b>	<b>\$500</b>
Initial Evaluation	<b>Best Value</b>
3 Physical Training Sessions	
3 Golf Video Lessons with PGA Pro	
Personal Custom Exercise Program	
<b><u>INDIVIDUAL PRICING</u></b>	
Initial Evaluation	<b>\$150</b>
1 Half hour Training Session	<b>\$ 70</b>
5 Half hour Training Sessions	<b>\$300</b>
<b><u>INDIVIDUAL VIDEO LESSON</u></b>	
1 Lesson	<b>\$ 75</b>
3 Lessons	<b>\$190</b>
6 Lessons	<b>\$375</b>

