

Ortho**Neuro** Golf Fitness Program

Within a 50 mile radius of Columbus there are over 120 golf courses and more than 15 driving range only facilities. Each year these courses and facilities each draw thousands of golfers with various skill levels. It is a well known fact that golfers are willing to spend the money and put in the effort to improve their game. Millions of dollars are spent each year by golfers on equipment, lessons, memberships, self-help books, etc. The one area that many golfers have not invested in is fitness, and this may be the most important area of all. Almost every golfer has suffered from some sort of physical limitation on the course; low back pain, hip stiffness, fatigue, etc. Golf is a physically demanding sport and a golf fitness program will help you reach your full potential.

The Titleist Performance Institute (TPI) developed a Physical Screen to identify the areas of your body that are limiting your swing. It looks at your legs, hips, torso, shoulders, address posture, dynamic posture (backswing, downswing, follow through), and your ability to coordinate and sequence different movements. The results of this screen, allow a TPI Certified Golf Fitness Instructor to develop a fitness program to address those areas of concern. The program focuses on your body's mobility, stability, flexibility, and strength. The golf swing is dependent on numerous parts of your body to move and react at the proper time through their full range of motion. **Without proper sequence and stabilization during the golf swing, your accuracy and power will not reach its full potential.**

Only TPI Certified Golf Fitness Instructors are qualified to perform the TPI Physical Screen and develop a program that will focus on the deficiencies of the individual. A majority of fitness professionals use the same protocol for each client, no matter the client's fitness or golf level, they all receive the same workout. The Ortho**Neuro** Golf Fitness Program is developed to meet your individual needs and is progressed and modified as your fitness level dictates.

If you love golf you owe it to yourself to begin a golf fitness program! It will help your game become more consistent and decrease your risk of injury, allowing you to play the game you love more often and over a longer period of time.



Golf Fitness Program Fees

Rates:

Initial Evaluation:	\$100	1 Hour session:	\$60
Re-Evaluation:	\$75	30 minute session:	\$35

Packages:

1. **Eagle:** \$475 (\$530 value)
 - Initial Evaluation, 6 one hour sessions, 2 thirty minute sessions with Certified Golf Fitness Instructor
2. **Birdie:** \$375 (\$430 value)
 - Initial Evaluation, 2 one hour sessions, 6 thirty minute sessions with Certified Golf Fitness Instructor
3. **Par:** \$300 (\$360 value)
 - Initial Evaluation, 2 one hour sessions, 4 thirty minute sessions with Certified Golf Fitness Instructor
4. **Fore:** \$325 (\$380 value)
 - 4 one hour sessions and 4 thirty minute sessions with Certified Golf Fitness Instructor
5. **Snowman:** \$250 (\$280 value)
 - 8 thirty minute sessions with Certified Golf Fitness Instructor

*** Additional Packages offered following first session***

Ortho**Neuro** TPI Online Workout Builder

Already have a gym membership or want to workout at home?

The Ortho**Neuro** TPI Online Workout Program is for you!!

After completing the Initial Evaluation, your findings will be used to build a custom workout tailored to your body and swing needs. For a monthly fee, a personalized workout will be developed for you with pictures, video, available to you at www.mytpipro.com. The Ortho**Neuro** TPI Certified Golf Fitness Instructor will build, maintain, & progress your program as needed throughout your membership. This feature may be combined with one-on-one training sessions with a TPI Certified Golf Fitness Instructor.

Initial Evaluation:	\$100.00
Monthly Fee:	\$50.00
Annual Membership Fee:	\$450.00

Gift Certificates Available

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Meet Your TPI Certified Golf Fitness Instructor

Name: Jay M. Holdgreve

Titles: Advanced Training Programs Coordinator
Certified Golf Fitness Instructor
Certified Athletic Trainer



Degrees: Bachelor of Science in Education: Exercise Science
The Ohio State University, 1999
Master of Education: Sports Management
Cleveland State University, 2001

Work: Ortho**Neuro**: Bishop Hartley High School *2001-present*
Background: Cleveland Browns: Intern Athletic Trainer *1999-2001*
San Francisco 49ers: Intern Athletic Trainer *1998*

Interests: Golf, Ohio State Athletics, Nascar, College & Professional Football

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