

Prepare for your Best Golf Game Ever!

Court House Plus' Personal Trainer Mike Bidwell's 7th Annual Golf Fitness Lecture! Mike will help you prepare your body for the golf season. The first half will be a discussion, the second half includes hands-on moves to add to your routine right away!



Presented by: Mike Bidwell

*Court House Plus Personal Trainer
& Integrated Rehabilitation Services Physical Therapist*

Saturday, March 13th, 10:00am

Members Lounge

Registration is required! Space is limited to 60 people!