

Senior Golfer Exercise

classes with Susanne

An online course of five weekly classes via zoom. Designed for all Senior Golfers to strengthen the core, spinal rotation with shoulders and the legs to improve flexibility to support their golf and general wellbeing.

Participants will be required to stand, sit down and lie down throughout each class. Classes will be recorded so you can access them to practice the exercises in between each class.

12:15 - 1:15pm Thursdays 11th November – 9th December
£50 for five weeks of classes

Book now at Health Club Reception, give the team a call on 020 8480 4245 or login and book online at www.roehamptonclub.co.uk.



@RoehamptonClub1



/RoehamptonClub



@RoehamptonClub

