



## FITNESS PROGRAM

Fitness classes are available to help with your overall golf performance. Our fitness expert, Anjali Yadav will curate a golf specific fitness program for you. Enroll now!

### INDIVIDUAL SESSION (45-MINS)

1. Screening & Assessment
2. Warm up & cool down exercises
3. Consultation on specific areas of improvement
4. Lesson Fee: Rs. 2,000/-

### 3-MONTH PROGRAM (INDIVIDUAL SESSIONS)

1. 18-sessions of 45-mins each
2. Screening & Assessment
3. Warm up & cool down exercises
4. Mobility & Strengthening Program
5. Speed, Power, Balance & Co-ordination Workouts
6. Program Fee: Rs. 32,400/-

### 6-MONTH JUNIOR PROGRAM (IN GROUP / INDIVIDUAL)

1. 24-sessions (In Group 60-mins / Individual 40-mins each)
2. Screening & Assessment
3. Warm up & cool down exercises
4. Mobility & Strengthening Program
5. Speed, Power, Balance & Co-ordination Workouts
6. Individually curated programs will be advised
7. Program Fee: Rs. 31,200/- (Group) / Rs. 40,800/- (Individual)

Fees are subject to GST of 18%

#### About your Coach:

A fitness professional for over a decade, Anjali has been working as a Fitness expert for top notch gyms & has an experience of teaching over 25 fitness programs like Myofascial Release Therapy, Pilates, TRX Zuu Fitness, Dynamax etc. just to name a few. Anjali joined the DLF Golf Academy in 2017 and has since worked with a number of Elite players and members and helped them improve their golf development through specifically curated programs.

A Certified Specialist for Golf Fitness & Performance Enhancement, Anjali's supervision can help you achieve a considerable improvement in your rotation, swing speed, power, endurance and distance. Programs are based on your age, fitness level, golf goals, swing issue(s) and schedule. Golf fitness workouts by Anjali will improve your golf game by using a series of workouts and stretching plans that are designed specifically for golf.

Anjali's students appreciate her adherence to the principles of form, function and technique while exercising. Elite players from the Academy have experienced immediate improvements in set up, rotation, ease of play & overall performance. Speak to the Academy office or Anjali directly for more information.