



**Trainer Workshop
with Craig Nagy**

Swing Into Spring

**Thursday, March 15th at 1:30pm or
Tuesday, March 20th at 1:00pm
1st Floor Conference room**

Craig will teach you exercises and stretches that you can work on in the gym and at home to help improve your swing and your overall golf game.

Come join me in a 30 minute hands on workshop to get you ready for the upcoming golf session!

There will be time afterwards for questions.

**To register, Please call the Fitness Desk at
(262) 513 - 7214 or email anne.barber@phci.org**