



# 2nd Session PRO-FIT Golf Conditioning

## Eight 1-Hour Classes

30 Minute Fitness / Flexibility  
30+ Minute Golf Pro Instruction  
w/ Crumpin Fox's Mike Zaranek



**February 13, 2012 through March 9, 2012**

\$90.00 / TBS Members - \$100.00 / TBS Non Members

Mondays and Fridays **10:00 am**

with TBS Personal Trainer Noah Harrison and Mike Zaranek

OR Mondays and Fridays **6:30 pm**

with TBS Owner and Physical Therapist Liz Dolby and Mike Zaranek

**The Body Shoppe Health and Fitness**

**306 High Street, Greenfield, MA - 413-774-2138 [www.tbs-opt.com](http://www.tbs-opt.com)**