



Prepare for the golf season NOW!!!!

Off-Season Basics is a series of 1 hour classes held at Ramsey Rehab in Leominster, to help educate golfers in general flexibility and strength to prepare for the upcoming golf season.

January 26, 2008 - Flexibility

February 23, 2008 - Strength and Endurance

March 29 2008 - Core and Rotational Strength

April 26, 2008 - Better Balance

Cost is \$25.00 per class or all four classes for \$75.00



Contact John St. Jean @ 978-353-0030 or email john@ramseyrehab.com to register