

Golf Performance Class

Shirley Ryan
Abilitylab

Are you looking to prevent injuries while improving your golf game?
Join us for our new Golf Performance Class, led by specialized exercise physiologists and supervised by orthopedic physical therapists.



These in-person classes will challenge the main physical components of golf:

- Flexibility
- Balance & Stability
- Strength
- Power Output

Classes will take place weekly over the course of 8 weeks targeting specific goals at each session.

By the end, you will be equipped with a comprehensive exercise routine to attain your best golf game by improving increased club head speed, carry distance and increased ball speed.



\$160 for 8 in-person sessions
Tuesdays, April 25 – June 13, 2023
9–9:45am
541 N Fairbanks Ct, Mezzanine Floor
Chicago, IL 60611
Register today: 312.238.5003