

Golf Conditioning Class

Where:

**Plainfield Recreation and
Aquatic Center**

651 Vestal Road, Plainfield, IN

Start the golf season out with workouts geared toward improved strength, flexibility and balance. Low impact, challenging workouts for the golfer of any age or skill level!

Starts Jan 6th - March 31st

Wednesday 7:30p - 8:15p

Saturday - 9:30a - 10:15a

***Meets in the Aerobics Room**

