

Get Ready to Play Better Golf

Kinetic Golf. The Ultimate in Golf Enhancement
from Todd Kolb Golf Academy and Avera Sports Institute



Get real results from Kinetic Golf! The Kinetic Golf Performance Program at Avera Sports Institute is an innovative scientific model designed to add power and efficiency to the golf swing, utilizing the Titleist Performance Institute physical screening, K-Vest motion analysis system and the state's only PGA Certified Teaching Professional, Todd Kolb. The Kinetic Golf Performance Program identifies your functional strengths and limitations, and provides you a personalized training program to optimize your golf skills and improve your overall strength, flexibility and wellness.

In addition, Avera Sports Institute is the state's *only* indoor facility where you can receive specialized golf training while hitting balls long-range, right here in the dome. With Kinetic Golf Performance training and the availability of open-hitting, Avera Sports Institute is your ultimate source for total golf performance enhancement.

KINETIC GOLF PERFORMANCE PROGRAM OFFERINGS

BIRDIE (12 Week Program) \$395.00

- K-vest three dimensional motion analysis
- Titleist Performance Institute physical evaluation
- Detailed plan for improved power and efficiency in the golf swing
- Specific plan for improved golf strength and flexibility
- **10 training sessions with motion analysis system**
- Evaluations are done in small groups

EAGLE (12 Week Program) \$545.00

- K-vest three dimensional motion analysis
- Titleist Performance Institute physical evaluation
- **Putting evaluation with Perfect Putting Machine**
- Detailed plan for improved power and efficiency in the golf swing
- Specific plan for improved golf strength and flexibility
- **15 training sessions with motion analysis system**
- Evaluation is done one on one

Call 605-322-FAST (2378) to register today!

ADDITIONAL SERVICES

- **Fitness Training Class:**
Bi-monthly for three months- **\$100**
- **Golf Lessons:**
Three 30 minutes lessons- **\$175**
- **Fitness & Golf Lesson Pkg.- \$200**
- **Kinetic Golf Eval. Only- \$300**

**For golfers who have completed the Eagle or Birdie programs and would like to continue their Kinetic Golf training:*

PAR \$75.00

- 5 additional training sessions with motion analysis system
- Updated golf swing, strength and flexibility plan



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