



B.A.S.E. Camp Specialized Golf Clinic



Improve your golf game
in the off-season through improved



Mobility, Stability and Strength

Two session clinic meets:

November 16th and 18th - 6:30-7:30 PM

Session One - *Learn movements to assist in gaining better mobility and stability through the upper back and hips, both pivotal to the game of golf.*

Session Two - *Learn TRX strength exercises designed to help you develop more strength and control (aka distance and accuracy) in your golf swing.*

Participants will get hands-on practice as well as printed workout guides.

Cost - \$40 members, \$55 non-members

Pre-registration is required by 11/12/21. Maximum of 5 participants.

Register through the app, the front desk or by calling 319-295-2552.

Contact laura.green1@collins.com with questions.