

A.T.A.R.I. Golf Fitness Training Fees



GOLF FITNESS EVALUATION OPTION #1

Golf Fitness Evaluation + Web-Based Exercise Program (approx. 60 min) ... **\$125.00**

Includes:

- Golf Fitness Evaluation performed by a TPI Certified Golf Fitness Instructor (CGFI).
- Full Report of findings and recommendations.
- Personalized 18 day (i.e. 3 days/wk x 6 wks) exercise program available anytime online with video demonstrations of each exercise.
- Set-up of free mytpi.com web account.
- 1 One-on-One 30 minute Training Session (with option of additional training sessions - see prices below). Training session to be scheduled separately from initial fitness evaluation.

GOLF FITNESS EVALUATION OPTION #2

Golf Fitness Evaluation + Web-Based Exercise Program + Video Analysis (approx. 90 min) ... **\$150.00**

Includes:

- Golf Fitness Evaluation performed by a TPI Certified Golf Fitness Instructor (CGFI).
- Video Analysis of your golf swing utilized to identify the 12 most common swing faults; The video analysis combined with the golf fitness screening will help our TPI Certified Golf Fitness Instructor provide you with a more thorough golf fitness training program.
- Full Report of findings and recommendations.
- Personalized 18 day (i.e. 3 days/wk x 6 wks) exercise program available anytime online with video demonstrations of each exercise.
- Set-up of free mytpi.com web account.
- 1 One-on-One 30 minute Training Sessions (with option of additional training sessions - see prices below). Training session to be scheduled separately from initial fitness evaluation.

GOLF FITNESS EVALUATION OPTION #3

Golf Fitness Evaluation + Web-Based Exercise Program + Video Analysis performed at your golf course/driving range ... **\$200.00**

- This is the same as the **Golf Fitness Evaluation Option #2**, however it is performed at your local golf course/driving range within a 50-mile radius of our facility. You can invite your golf pro to observe and/or participate in the evaluation.

GOLF FITNESS RE-EVALUATION ... \$75.00

Includes:

- Golf Fitness Re-Evaluation performed by a TPI Certified Golf Fitness Instructor (CGFI).
- Full Report of findings and recommendations.
- Performed after you have completed your personalized 18-day (i.e. 3 days/wk x 6 wks) exercise program.
- Video Analysis included for an additional \$25.00.

TRAINING SESSIONS: (completion of golf fitness evaluation required prior to individual and group training sessions)

Individual One-on-One Training Session:

- 1 – Warm-up + 30 minute Training Session ... **\$35.00**
- 1 – Warm-up + 1 hour Training Session ... **\$55.00**
- 6 – Warm-up + 30 minute Training Sessions ... **\$180.00**
- 6 – Warm-up + 1 hour Training Session ... **\$290.00**
- 9 – Warm-up + 30 minute Training Sessions ... **\$260.00**
- 9 – Warm-up + 1 hour Training Session ... **\$440.00**

Group Training Sessions:

- **Twosome ... \$20.00/person**
 - Each individual participating in the Twosome will receive a \$15.00 discount off of the initial Golf Fitness Evaluation.
 - Golf Fitness Evaluations cannot be performed at the same time and will need to be scheduled separately for each participant in the twosome.
 - Each training session includes Warm-up + 45 minutes with the CGFI.
 - Requires a commitment of a minimum 6 training sessions.
- **Foursome ... \$15.00/person**
 - Each individual participating in the Foursome will receive a \$20.00 discount off of the initial Golf Fitness Evaluation.
 - Golf Fitness Evaluations cannot be performed at the same time and will need to be scheduled separately for each participant in the foursome.
 - Each training session includes Warm-up + 60 minutes with the CGFI.
 - Requires a commitment of a minimum 6 training sessions.

GOLF FITNESS PACKAGES:

1) Golf Fitness Package #1 ... \$450.00

Includes:

- Golf Fitness Evaluation + Web-Based Exercise Program.
- 9 – Warm-up + 30 minute One-on-One Training Sessions.
- Golf Fitness Re-Evaluation.
- Video Analysis included for an additional \$25.00.
- Initial Evaluation performed at your golf course/driving range for an additional \$50.00 (with-in 50 mile radius from our facility).

2) Golf Fitness Package #2 ... \$700.00

Includes:

- Golf Fitness Evaluation + Web-Based Exercise Program.
- 18 – Warm-up + 30 minute One-on-One Training Sessions.
- Golf Fitness Re-Evaluation.
- Video Analysis included for an additional \$25.00.
- Initial Evaluation performed at your golf course/driving range for an additional \$50.00 (with-in 50 mile radius from our facility).