

ACHIEVE YOUR PEAK PERFORMANCE

A golf fitness specialist can be your key to fitness and success in golf. At FPF, our conditioning specialists, athletic trainers and resident golf professional can be the link that transports you to the next level. Let us design and implement a custom golf fitness program that is safe and effective for you.



Focal Point Fitness Strength & Conditioning will improve your swing mechanics, increase flexibility and enhance balance & coordination, resulting in more length off the tee, less swing fatigue and the reduction of undue stress on the muscles and joints. You will hit farther and score lower.

Great Gift Idea
**GIFT
CERTIFICATES**



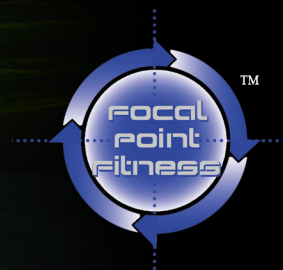
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STRENGTH & CONDITIONING FOR **GOLFERS**

WITH FOCAL POINT FITNESS, INC.

GOLF PERFORMANCE TRAINING,
ATHLETIC & SPORTS CONDITIONING,
INJURY PREVENTION, AND REHABILITATION



Our Team is Ready For The Challenge...