

GOLF SERVICES

TECHNOLOGY LESSON: 60 minutes/\$150

Can include: Model Golf video, Dynamic Balance System, Vector Launch Monitor, Science & Motion Putt Lab

GOLF PHYSICAL SCREEN: 90 minutes/\$195

Includes: an assessment of all specific joint mechanics necessary for a good golf swing, as well as an evaluation of stability, mobility, strength, power and core endurance

GOLF-SPECIFIC CONDITIONING:

60 minutes \$70-100 (bulk rates available)

PUTTING ANALYSIS ON SAM PUTT LAB:

30 minutes/\$80 Includes: report on Puttler path, loft, speed, impact, spot, face rotation, etc.

CLUB FITTING/\$TBA

1-YEAR MODEL GOLF MEMBERSHIP: \$100

Includes: web-based access to your swing video-library and golf drills for on and off the course, based on specific swing faults uncovered

TITLEIST PERFORMANCE INSTITUTE (TPI)

6-WEEK WEB PROGRAM*: \$100

Includes: a customized workout and full access to TPI web site, including video demonstrations of all exercises prescribed (*must first undergo 90-minute Golf Physical Screen)

RENTAL OF GOLF HITTING AREA

60 minutes/\$50 | 30 minutes/\$30

Includes: use of technology or SAM Putt Lab

3-D BIOMECHANICAL TESTING

BASIC: 30 minutes/\$95

Includes: 3-D Home Viewer CD-Rom and report of kinematic sequencing, X-factor, X-factor stretch, golf postures, and club dynamics

ADVANCED: 60 minutes/\$175

Includes: everything listed above, plus balance and weight-shift testing on Dynamic Balance System Force Plates



For information:

Golfer's Edge

1718 East Second Street
Scotch Plains
NJ 07076

908.322.2003

www.athleticedge.net

performance enhancement
GOLFING PROGRAM

PACKAGES

Golf Physical Screen + Basic 3-D Evaluation:

2 hours/\$250

w/TPI 6-week program: **2 hours/\$340**

Golf Physical Screen + Intermediate

3-D Evaluation [recommended]: 2.5 hours/\$310

w/TPI 6-week program: **2.5 hours/\$400**

Golf Physical Screen + Advanced

3-D Evaluation: 2.5 hours/\$350

w/TPI 6-week program: **2.5 hours/\$440**

Model Golf Initial Evaluation + 1-year Model

Golf Membership + Putting analysis on SAM

Putt Lab: 1 hour/\$295

Model Golf Initial Evaluation + 1-year Model

Golf Membership + Putting analysis on SAM

Putt Lab + Golf Physical Screen:

2.5 hours/\$475

Model Golf Initial Evaluation + 1-year Model

Golf Membership + Putting analysis on SAM

Putt Lab + Golf Physical Screen + Basic 3-D:

3 hours/\$555

w/ TPI 6-week program: **3 hours/\$645**

Model Golf Initial Evaluation + 1-year Model

Golf Membership + Putting analysis on SAM

Putt Lab + Golf Physical Screen +Intermediate

3-D analysis: 3.5 hours/\$600

w/TPI 6-week program: **3.5 hours/\$695**

Customized full-day and half-day programs available for small groups. Call for rates. Group and team rates also available. Call for specific information.



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