

Pilates for Golf & Ladies Only Clinics



Piper's Heath Golf Club now offers a special new program for the 2009 season! Pilates for Golf in conjunction with our Ladies Only golf program.

Now you can get all your fitness and golf lessons in one location while having some fun along the way.

Led by teaching professional Annie Mallory of the Academy for the golf aspects and Certified Personal Trainer & Pilates Specialist Nikki Bergen of Grace Corps Studios, this unique program is the first of its kind and perfect for the busy schedules of today's working women.

The programs night begin with a one-hour Pilates class designed specifically for golfers to stretch and tone their bodies to help avoid injury and strengthen key muscle groups used in golf and daily life. The classes are upbeat yet relaxing and stress relieving designed for any level of experience. You will enjoy building Pilates into your regular fitness routines.

Participants then get changed into golf attire and refreshed before heading out for their lesson now that they are fully warmed-up, stretched-out and feeling good!

The Ladies Only golf clinics are a unique opportunity for women to learn in a fun and friendly environment without feeling pressured by the gentlemen!

Hosted by female staff golf professional Annie Mallory and the Academy Canadian PGA staff, these 1 hour weekly clinics are designed to be a fun introduction to the game of golf and swing fundamentals. The program is also excellent for refining an already decent golf game through guided practice working with the instructional team.

Participants will be grouped by ability and receive the attention of a guaranteed maximum 10:1 student/teacher ratio for golf lessons.

- Participants attend 4 Pilates and Golf sessions total.
- Pilates classes go rain or shine and are limited to 25 participants.
- Pilates mats and related equipment is included. Please bring a change of clothes for golf.
- Golf equipment can be provided by request.

Clinic Times Weekly:
WEDNESDAY'S

- PILATES CLASS - 5:45-6:45pm before Golf Class starts in Tournament Room at Piper's Heath Golf Club
- GOLF LESSON CLASS - 7:00pm -8:00pm

PROGRAM #1 – Begins Wednesday May 6th
PROGRAM #2 – Begins Wednesday June 3rd

All for just \$199 + gst or Pilates only option \$99+gst

To register or for more information, visit www.pipersheath.com
Email: theacademy@pipersheath.com or call 905 864-1025.

2009 Academy Teaching Staff Professional

**THE BIG
BREAK VI**
TRUMP NATIONAL



Annie Mallory

Teaching Professional since 1998
Former Touring Professional
Division 1 NCAA Experience
University of Texas - El Paso
Contestant on the Golf Channels
Big Break VI :Trump National

Annie brings a wealth of playing and teaching experience to the academy for the 2009 season.

She will be leading the Golf for Women programs and the new Junior Girl Power! Golf Program for girls ages 5-18.

Annie has experience teaching all levels of golfers. Gentlemen need not be intimidated of taking lessons from her as she specializes in precision, power and distance!

She is aiming to be a mentor to aspiring female golfers and help them pursue the opportunities that are available to them through golf.

Contact Email: amallory@pipersheath.com

