



ZEN GOLF

"Life and Golf in Balance"

with Charlotte McGinnis

and Fitness Together

Tuesday, February 23rd 2010

7-9 pm, PBG Marriott \$25

call 561 386 5963 to reserve or go to

www.charlottemcginnis.com

Charlotte has been a golf professional since 1980. She has held professional positions at IBIS, PGA National and Hunters Run in Palm Beach County, and Quaker Ridge Golf Club in Scarsdale, New York. She founded the Zen Golf Center in 1998 and offers seminars and retreats for peak potential across the United States.

- Are you ready to transform your golf game from ordinary to extraordinary?
- Would you like to:
 - have more control over your results on the course?
 - manage your emotions better during a round?
 - have your body be in "peak condition" for golf?

If you answered yes to any or all of the above questions

Zen Golf is for you!

Your *Fitness Together* Team!

As partners in Zen Golf, the FT pros are here to help you! Brian O'Loughlin, (center) was personal assistant and trainer to Chi-Chi Rodriguez on the PGA Tour. He has a wealth of experience and knowledge to share with you!

Fitness Together Palm Beach Gardens is a one-on-one personal training studio. All of our sessions are conducted in private training suites, with no distractions, no waiting for equipment, and 100% of your trainers attention focused on you!



Christopher, Brian and David
believe that
"one size does not fit all!"