

Brian Sekula Fitness Center
10500 West Bellfort, Suite 200
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Junior Golf Fitness Camp Spring / Summer 2007

Distance...Accuracy...Lower Scores

3 things ALL Golfers want!

The **sole** focus of our Junior Golf Fitness Camp!

COST

Regular: \$215 (plus tax)

Introductory: \$199 (plus tax)

\$10 sibling discount!

Golf Fitness Members of BSFC receive 10% discount!

SPACE IS LIMITED! SIGN-UP TODAY!

Additional add-ons / upgrades are available. Call, come by or visit our website for more details.

**ALL SESSIONS HELD @
BRIAN SEKULA FITNESS CENTER**

TRAIN WITH A PROFESSIONAL!

ABOUT Dr. SEKULA

- NASA Research Scientist
- Professor at the University of Houston
- 10+ years in Golf Specific Fitness
- 20+ years in fitness industry

HIGH SCHOOL PREP

For the Sophomore, Junior or Senior to be. This camp focuses on skill development and getting stronger, faster and quicker.

SIGN-UP TODAY!

Space is limited, act NOW!

- **In Person:** Come by the Fitness Center and we'll take care of the rest.
- **By Fax:** Go to www.briansekula.com/golf/, click "Junior Golf Fitness Camps", download the "Enrollment Form", fill it out and fax it to: 713-503-0497.

ABOUT THE Jr. GOLF FITNESS CAMP

- For the HS or College Golfer
- Prepare
- 6-week class that meets 3 times per week.
- Each session is 1-hour
- Focus on fitness aspects to play better golf.
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Dates / Times

3 days per week: MW Sat.
TTh: 3:00 pm—4:15 pm
Sat: 10:30 am—11:45 am

1st day: Saturday, March 10th, 8am.

Last Day: Wednesday, April 18th.

