



TITLEIST PERFORMANCE INSTITUTE GOLF FITNESS ACADEMY



Titleist has always been a leader in the golf industry, and their golf fitness program is no exception. The Titleist Performance Institute (TPI) was established in 2003 by Dr. Greg Rose and Dave Phillips, who hosts the Golf Fitness Academy on the Golf Channel. Professional golfers around the world are involved with TPI, and now you have the opportunity to experience the same physical assessment and fitness training.

Terranea Resort's TPI Instructor Dan Marvosh, PGA will record your golf swing and do a personal physical screen test to see where your physical limitations may be affecting your ability to perform an efficient golf swing. We will then isolate any physical limitations and develop a custom-conditioning program that best fits your swing technique. Pair a TPI series or session with one of our PGA Golf Professionals, and maximize your playing ability and longevity in the game you love. You can see immediate results while adding yards to your game, playing pain-free and increasing overall fitness all while you experience spectacular ocean views at the Links at Terranea!

A TPI FITNESS PROGRAM CAN HELP YOU...

- Gain distance with every club in the bag
- Increase range of motion, balance and mobility
- Improve overall fitness with personal training and workouts customized to your needs.

TPI RATES:

- TPI Physical Screen with Video and Customized Workout - \$100/hour
- Junior TPI Physical Screen with Customized Workout - \$60/hour
- Series of Private Individual Training Sessions - \$375
 - 5 x 1 hour sessions
 - includes 2 TPI screens
- Series of Junior Private Individual Training Sessions - \$200
 - 6 x 1/2 hour sessions
 - includes 2 TPI screens

**Current Members of The Links at Terranea Golf Academy receive 20% all TPI Packaged Sessions.*

FOR MORE
INFORMATION
OR TO REGISTER,
CONTACT THE
GOLF HOUSE AT
310.265.2751.

