

# Golf Performance Exercise Program

- Looking for more distance on your drives?
- Experiencing aches and pains in your back, shoulders, elbows, or knees?
- Did you know those aches and pains are robbing you of distance and affecting your game?

Our Titleist Performance Institute performance coaches will take you through an exercise program similar to the pros that increases your ability to move better, create power, and improve your swing mechanics!

Golfers start with a pre-class Titleist Performance Institute (TPI) screening to identify the body regions that are contributing to swing faults and pain.

The TPI screening is an hour long, one-on-one assessment with information you can share with your swing coach to help improve swing techniques.

---

**Personal & Semi Personal Golf Performance Training is Available!**

**Training is directed by Titleist Certified Fitness and Power Instructors**

- **Frank J. Lupin Jr., M.S., ATC retired, FMS, SFMA**  
Lead Performance Coach

Titleist Performance Institute, Level 1 and 2

- **Jared Shoaf CSCS**

Sports Performance Coach

Titleist Performance Institute, Level 1

[sportsperformance@jefferson.edu](mailto:sportsperformance@jefferson.edu)  
610-861-8080 X32021

**TPI Screen: \$90.00**

**Classes: \$110/Month**

**Mon - Fri: 8:00AM**

**Mon-Thurs: 1:00PM**

