

TPI GOLF FITNESS

IRONWORKS
GOLF LAB

TPI stands for “Titleist Performance Institute”, and it is the study how the body functions during a golf swing. “There is not one way to swing a golf club, there are an infinite number of ways to swing a golf club, but there is one efficient way for everyone and it is based on what they physically can do.” To find your efficient golf swing, we screen your body from head-to-toe during a TPI Fitness Assessment. A TPI Assessment screens every key areas of the body that directly affects the golf swing. The screen consists of exercises that measure your balance, range of motion, and mobility. This information is then used to help evaluate your golf swing and how it may be affected by any physical limitations. The link between how your golf swing is affected by your body’s capabilities we call the “body swing connection.”

TPI FITNESS ASSESSMENT – 90 MINUTES

\$150 Adults / \$125 Juniors

- Golf Fitness Screen
- K-Vest 3D Swing Evaluation of your swing efficiency
- Ground Force Mechanics Evaluation using Boditrak
- Personalized Golf Fitness Plan accessible on KINEXIT mobile app
- Reassessment one-month following to measure your improvement



KINEXIT FITNESS

Kinexit is a golf fitness app used during a TPI Fitness Assessment to accurately measure your mobility, speed, endurance, and power. Once assessed, you will receive a score in each of these areas to determine your strengths and weaknesses. Based on this information, Kinexit generates a personalized workout plan to improve your limitations geared to help your golf game. The exercises require almost no equipment and can be done either at the gym, at home, or on the golf course.

Kinexit included with any IGA Game Improvement Program!

Improve your golf fitness with TPI Private Training

TPI Private Training	10-Series	7-Series	5-Series	3-Series
Adult - Private	\$680	\$505	\$385	\$245
Junior - Private 5 - 18	\$600	\$445	\$335	\$215

