

# WHY TRAIN WITH A TPI CERTIFIED TRAINER?

Increase Distance\*

Reduce Risk of Injury

Improve Mobility & Stability

Increase Range of Motion

Core Strength & Balance

Golf Game Longevity

TPI Screen to Identify your  
Body's Limitations

Body/Swing Connection

\*Guarantee 10-15 yards in 10 Weeks

## FOR EVERY BODY

## Testimonials:

After three months of attending Golf Performance workouts twice per week, I gained ten yards with my irons and fifteen with my driver. The workouts have helped my balance, flexibility and strength which have all contributed to my full swing improving dramatically.

- Oscar Z. St. Xavier Golf Team '19, Ohio's Division I Co-Player of the Year

I've been coming to It's Working Out for over two years. In that time, my handicap has gone from 15 to a 10 without one golf lesson! I attribute this to improvements in my mobility, which has helped me get the turn that my swing was missing.

- CJ S.

I truly love the improvement I've seen in my core strength and flexibility. The classes offer a variety of exercises that cater to golf-specific movements. I highly recommend this program to golfers who seek to improve their game.

- Jon D

Every time I smack the ball long and straight, I thank IWO for keeping me able to enjoy the sport I love. My flexibility and strength continue to increase and my game continues to improve thanks to It's Working Out. I highly recommend the TPI assesment and participating in their Golf Performance Program.

- Jan K

I can't tell you how awesome my experience has been with IWO since I started three months ago. I have virtually no back pain anymore. My flexibility has improved tremendously and I feel really great!! I hit balls at the range last week four straight days with no issues. I could not have done that this past summer.

I attribute all of this to the Golf Performance Workouts.

- Keith F

## IT'SWORKINGOUT

### The Midwest's Premier Golf Fitness Studio

6 TPI Certified Trainers on Staff

3540 & 3546 Columbia Parkway in Columbia Tuscolum  
(513) 207-6933 - [itsworkingout.com](http://itsworkingout.com)  
[kristen@itsworkingout.com](mailto:kristen@itsworkingout.com)



## IT'SWORKINGOUT

### Golf Performance Program



HOME OF 6  
TITLEIST PERFORMANCE INSTITUTE  
CERTIFIED TRAINERS



**Titleist Performance Institute  
Certified Trainers  
& Physical Therapist**



**KRISTEN  
MCAULIFFE**  
TPI Level 2 Certified



**BEN**  
TPI Level 2 Certified



**PAIGE**



**RYAN, DPT**



**BRIAN**



**ASHLEY**



# IT'S **WORKING** OUT

## TPI Philosophy:

*"We don't believe there is one way to swing a club, we believe there are an infinite number of ways to swing a club. We do believe that there is one efficient way for everyone to swing a club, and it is based on what they can physically do."*

**25 of the Top 30 Players in the world** are advised by a TPI Certified Expert  
**18 of the last 20 Major Championships were won** by players advised by a TPI Certified Expert

## Golf Training Options

### GOLF PERFORMANCE PROGRAM

- The Par Package (see bottom right)
- A variety of training options 7 days a week, attend as many as your schedule allows.
- Every 12 weeks TPI assessment to track progress.
- The area's premier Golf Fitness facility, 6 TPI Certified Trainers on staff with a total of 8 TPI Certifications.
- Our studio is designed with the golfer in mind.
- Proven modalities to Increase Distance & Decrease Injury: Keiser Functional Trainers, Cable Systems, TRX, RIP Trainer, Bosus, Kettlebells, FMT Tubing, plyo boxes and more.
- On Demand access to over 100 golf specific workouts
- Links to IWO's exercise videos specific to the findings of your screen and your goals

### JUNIOR GOLF PERFORMANCE PROGRAM

Junior High and Senior High programs  
run November-March

### PERSONAL TRAINING FOR GOLF

Prefer one on one training?  
We will pair you with one of our  
**TPI Certified Trainers**

### PAR PACKAGE

\*this is included with the Golf Performance Program or can be purchased for those not in the program.

- TPI Assessment (14 movement screens)
- Screen report and findings on body/ swing connection
- Fitness Handicap number to measure results

**FOR EVERY BODY**

MORE INFO at [www.itsworkingout.com](http://www.itsworkingout.com)