

BACK IN FORM

PHYSICAL THERAPY

WELLNESS • PREVENTION • PERFORMANCE ENHANCEMENT

GOLF FITNESS STUDIO

SWING FUNDAMENTALS

STRENGTH

BALANCE

FLEXIBILITY

SPEED

LOWER SCORE

PAIN FREE



Call (772) 231-3676 | BackInForm.org

THE FUTURE OF TRAINING IS HERE

PREMIER TRAINING MEETS STATE OF THE ART TECHNOLOGY



The Back In Form Golf Fitness Studio brings together a Beautiful setting on the River, the latest Technology and access to Experts in the field of golf. Your goals will be met efficiently and effectively. Change how you Practice...
Change how you Play!



KVest

K-Vest is the leader in 3D Motion Capture Technology. Train More Effectively!

Call (772) 231-3676 for more Information!



Custom Club Fitting

Brad Fellingner, owner of Fellingner Custom Golf, will be available by appointment in Back In Form's Golf Fitness Studio. He has been named a Golf Digest Top 100 Club fitter in America 2013, 2015, and 2017.

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Average number of strokes you could shave off your game in just 3 weeks

TOUR PACKAGE \$1,750 "Feel Like a Tour Player"



- TPI Golf Fitness Evaluation
- 12 week Studio Membership
- 12 Fitness Sessions
- Club Fitting by Brad Fellingner, Golf Digest Top 100 Club Fitter
- Access to customized Program on myTPI.com
- Follow up Progress Evaluation
- FMT (functional movement tubing) & TPI T-Shirt

MASTERS PACKAGE \$850 "Get Evaluated by The Best"

- TPI Golf Fitness Evaluation
- 12 Week Customized Exercise Program
- 12 Week Studio Membership
- Club Fitting by Brad Fellingner
- 3 Progress Evaluations

STUDIO MEMBERSHIP \$350 / Season (6 months) or \$90 / Month

- Access to Gym
- 4 – 30 minute sessions in Simulator
- 1 – 45 minute K -Vest Training Session

INDIVIDUAL SERVICES

- TPI Golf Fitness Evaluation (with customized exercise program) \$250
- Club Fitting by Brad Fellingner, full bag, \$250
- K-Vest Training Session \$90
- 90 Minute Golfers Massage \$125
- 60 Minute Deep Tissue Massage \$90
- 60 Minute Physical Therapy Treatment \$90
- 60 Minute Simulator Session \$45 (5 for \$200)

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Michael Hauser, MPT, CGFI, SFMA

Michael received his BS in Biology from Vanderbilt University and his Masters Degree in Physical Therapy from Nova Southeastern University. His passion for golf has led him to work with both Professional and Amateur Golfers to prevent injuries and improve performance. Michael is the only TPI Level 3 Medical Professional who is also a scratch golfer on the Treasure Coast. As a Founding Member of the Indian River Golf Foundation, Michael has helped implement programs in all Indian River County Elementary and Middle Schools. He has developed customized programs for the top local professional and amateur players.

See more: <https://tinyurl.com/mkgdjz>

"After shoulder surgery, my surgeon told me I would have to give up golf and take up a less rigorous form of exercise. At 66 years old, after participating in Back In Form's program, I've never felt better. I'm improving my swing fundamentals, strength, balance and flexibility and have lowered my golf scores pain free." – Donald Winkler, Vero Beach

"I stopped playing because of back pain. My orthopedist told me I had arthritis in the facet joints in my back and that my golfing days were done, [but] I am now back to playing the way I did 10 years ago. I have picked up 20-30 yards off the tee and I have taken nine shots off my handicap." – Donald Heeter, Vero Beach

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PREFERRED PARTNERS



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