

GOLF SPECIFIC FITNESS TRAINING

At Sailfish Point with Jeff Kroop



Enhance your golf game
with Jeff!

Private Training and Golf Specific
Fitness Assessment is available
inside the Fitness Center on
Mondays and Wednesdays.

Golf Specific Fitness Assessment

This two-hour assessment is designed to screen for golf specific performance factors that will identify your strengths and any limitations preventing your body from playing its best golf. Based on TPI protocols, assessment findings are utilized to prescribe the most effective, progressive measurable results to your golf specific fitness routine.

Private Training

This one-hour private training session is designed to address assessment findings and embrace the physical demands of golf. Muscular endurance (Loading and Firing) Mobility (Rotary Force) Flexibility (Elasticity) Stability (Ground Force) Balance (Proprioception) Posture (Core Development Coordination (Kinetic Linking) Power / Strength (Explosive).

About Jeff Kroop: Jeff earned his exercise science credentials under the direction of one of the country's leading exercise physiologists, Dr. Anthony A. Abbott, Ed.D., FACSM, CSC*D, President of Fitness Institute International, Inc., in Boca Raton, Florida. Jeff is a TPI (Titleist Performance Institute) Level 3 Golf Fitness Instructor, American College of Sports Medicine Exercise Physiologist, and a National Strength and Conditioning Association Certified Personal Trainer. He has been active as an athlete and trainer in the health and fitness industry for the past 40 years. He is known for his ability to bring peak golf performance to the beginner as well as the advanced golf fitness enthusiast. He also brings 40 years of "Mind-Body" experience as a 7th degree Black Belt and Master Instructor in the Martial Art of International TaeKwon-Do.

AVAILABLE TO ALL MEMBERS

Book your appointment in the Fitness Center
772.497.1024 or email j.kroop@sailfishpoint.com

