

Golf Body Training Retreats – Jupiter, FL

For over 14 years, Coach Joey D has shared his golf biomechanics, fitness, and high performance expertise with players on the PGA Tour. In this exhilarating 3-day training experience, you can take advantage of Joey's 'inside the ropes' perspective and personal attention. This high-performance program will turbocharge your golf-specific training, gameday performance preparation, approach to practice, and much more. One player mentioned, ***"I just came for the fitness aspect – but after just a few minutes with Coach Joey D in the indoor hitting bay on the first day I knew we were about to transform my game for the better...an absolutely incredible experience!"***



Golf Specific Workouts



Video Swing Analysis



On-Course Instruction

Join Coach Joey D and his team at the Jupiter, FL Performance Center for this powerfugame-changing experience this winter. This fully personalized program is ideal for players at all levels. Participation is limited to insure optimum player experience.

TO REGISTER **CALL 561-401-9185**

3 Day Training Retreat Includes:

- 15 Hours of Coaching and Instruction
- 2:1 Maximum Student-to-Coach Ratio
- Personalized Golf Body Development Program
- Ball Striking Sessions In Our Indoor Hitting Bays
- On-Course Playing Session
- Computerized Swing Video and Balance Analysis
- Trackman® Ball Flight Analysis

3 DAY STAY & PLAY TRAINING RETREAT

	DAY 1	DAY 2	DAY 3	
ARRIVE	8A - ORIENTATION	8A - GOLF SPECIFIC WORKOUT	8A - GOLF SPECIFIC WORKOUT	DEPART
	9.30A - STRATEGY SESSION W/ COACH JOEY D	9A - EQUIPMENT ASSESSMENT & STRATEGY SESSION	9A - PLAYER DEVELOPMENT WORKSHOP AND Q&A WITH COACH JOEY D	
	10A - FULL BODY EVALUATION	12 - LUNCH	12 - LUNCH	
	12 - LUNCH	1P - 9-HOLE PLAYING SESSION	1P - PLAYER'S CHOICE BREAKOUT SESSIONS	
	1P - TRACKMAN COMBINE	4P - STRATEGY SESSION WITH COACH JOEY D		
	2:30 - PERSONAL GOLF BODY FITNESS INSTRUCTION			

CALL 561-401-9185 TO REGISTER - CLASS SIZE IS LIMITED.

HOTEL ACCOMODATIONS - Ask For Special Joey D Golf Rates!

Jupiter Beach Resort

5 North A1A
Jupiter, FL 33477
www.jupiterbeachresort.com
1-866-943-0950
PROMO CODE "Joey"

4.8 Miles from Joey D Golf Performance Center
jupiterbeachresort.com

PGA National Resort and Spa

400 Avenue of Champions
Palm Beach Gardens FL, 33410
www.pgaresort.com
1 800 633 9150
PROMO CODE "Joey D Golf "

12.1 Miles from Joey D Golf Performance Center
pgaresort.com

Homewood Suites Hilton

Palm Beach Gardens
4700 Donald Ross Rd
Palm Beach Gardens, FL 33418
561-622-7799
PROMO CODE "Joey D Golf "

4.8 Miles from Joey D Golf Performance Center
homewoodsuites.com

AIRPORTS

Palm Beach International

21 Miles from Joey D Golf
<http://www.pbia.org/>

Fort Lauderdale/Hollywood International

68 Miles From Joey D Golf
<http://www.broward.org/airport>

Miami International

88 Miles From Joey D Golf
<http://www.miami-airport.com/>

