



further, straighter
more consistent

Golftuned™ is an exercise program based on pilates and yoga to optimise your physical ability to play better golf through simple body conditioning.

Flexibility, strength and muscle patterning are all recognised essentials to elite golfers, but neglected by weekend and amateur golfers.

Learn more about what drives the ball further and straighter, with more consistency. Join other golfers in a fun, informative and rewarding exercise program aimed at all ages and handicaps.

Golftuned™ is run by qualified physiotherapist and keen golfer, Mark Mitchell. You get professional and safe instruction guaranteed. Once attending the course for a short time you will develop all the knowledge and skills required to optimise your body's ability to play better golf, warm up and avoid injury.

Give your game the best chance and get...

Golftuned™

Contact *Mark Mitchell* at Mermaid Physiotherapy (07)55 753 244

The course is run out of Mermaid Beach Physiotherapy clinic, 2532 Gold coast Hwy.
All equipment is provided. Single sessions charged at \$20 per visit, or discounted for bulk paid sessions.