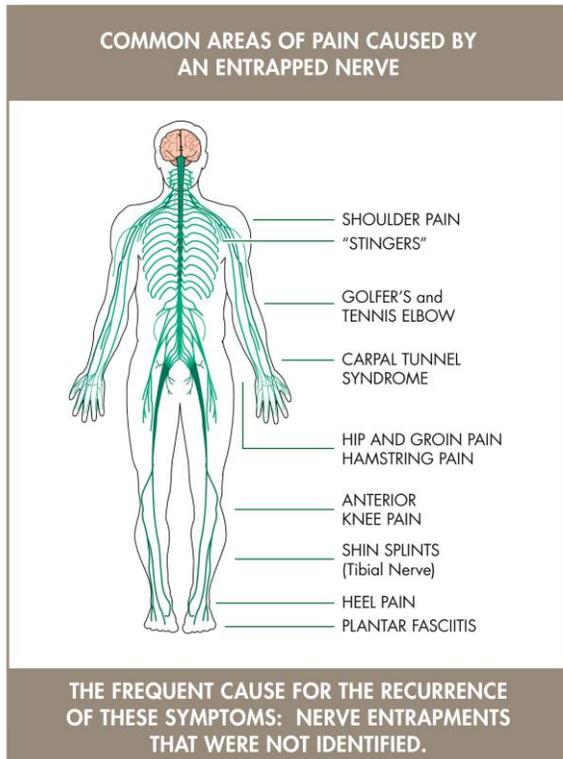


Phyx Movement Faults



Body Phyx addresses the Nervous System to treat movement faults that cause pain and decreased performance.



Body Phyx will "Free Up" Nerve Entrapments that are a common cause of pain before, during and after the game.

Golf Improvement Packages

Ace Package: \$100

This package includes a full functional movement analysis of the golfer's swing. The golfer will be taken through a joint specific assessment to identify problem areas that may be causing limitations within their game. The goal of this package is to identify body movement faults and implement an improvement program through the use of our equipment and through functional movements.

1 Hour session

Par 3 Package: \$240

This package includes the Ace package as well as two follow-up visits. This package is designed to build upon the initial improvement program and not only track the golfers' progress, but advance his or her training to achieve their individual goals. The golfer will be introduced to individual training for golf specific flexibility and stability.

Three- 1 Hour Sessions

Par 5 Package: \$360

This package is designed to maximize the golfers' potential for improvement. It includes all the components of the Ace package with four follow-up visits after the initial evaluation. Each visit will build upon the initial improvement program with an emphasis on individualized training. The golfer's program will include power, coordination, endurance, flexibility, and adaptability training.

Five- 1 Hour Sessions

Golf Fitness Program:

5 visits/\$60 10 visits/\$100

This option is available to those who have completed the Par 5 program. The golfer is entitled to continue his or her training program with use of our facility. This is a self-guided program.

Fix Swing Faults



NG360° FPS is a scientific process of analysis and training to enhance the athleticism and performance of golfers at ANY skill level.

NG360° is a holistic approach aimed to improve golfers' performance through:

- Individualized physical evaluation
- Golf specific training
- Digital tracking applications
- Home exercise programs
- Pre and post round warm-up
- Range and practice drills
- Custom fitting of equipment

Our performance analysis and training techniques are guided by logical strategies derived from the Applied Functional Science™ principles of human movement.

Matt Popiolkowski, DPT, NG360 GPS

A graduate of Wheeling Jesuit University, Matt earned his Doctorate of Physical Therapy. Through his extensive training through NIKE GOLF, Matt treats every golfer as an athlete no matter the age or skill level. His goal is to empower each individual with the knowledge and tools to achieve his or her personal goals in the game of golf.