

# Golf & Cycling Workshops

## Calling all golfers, are you getting the best out of your swing?

A better position at set-up can improve the physical dynamics to your performance and so help with your swing. Add some flexibility exercises and you will soon see the difference. Injuries, such as golfer's elbow, can be avoided too if you know how. So come to the free GolfFit workshop with Parry and Gilmour at Ufford Park Golf Club.



Golf professional **Stuart Robertson** - Ufford Park's 'Dr Golf' will be on hand to check your set-up

Physiotherapist **Mark Endacott**, will show how to warm up and stretch before playing

**Julia Endacott**, a specialist in physiotherapy-based pilates, will advise on exercises for flexibility which will help your swing and your handicap!

Limited places so email [golffit@parryandgilmour.co.uk](mailto:golffit@parryandgilmour.co.uk) ASAP if you want to attend or call on 01394 387818 to reserve your place

## Triathletes, duathletes and everyday road cyclists Are you sitting comfortably?

Do you suffer from back ache, neck ache, numb crotch, numb feet or any other ailments when riding your bike? If so then you would benefit from the BikeFit workshop at our practice in Melton, near Woodbridge.



30 minute appraisals by **Ed Page** of 53-12 Ltd in Colchester, specialists in bike sales and service for all cyclists

Thorough sizing assessment and adjustment to position you to your bike. If your bike is properly fitted to you, you can achieve up to 15 % improvement in performance

Limited places but the workshop will be repeated 3-monthly Pre-book time slot with £25 advance payment by calling Parry and Gilmour on 01394 387818 or register your interest via email to [bikefit@parryandgilmour.co.uk](mailto:bikefit@parryandgilmour.co.uk)