

# HIT IT LIKE ANDRA FRAPPIER “GET GOLF FIT”

## The “Get Golf Fit” Commitment

There is much more to golf than simply going to the range, buying a basket balls and hitting them. You need to know how to get better and what to work on specifically in your golf swing. You need to commit to yourself and the game.

My Get Golf Fit package is designed to assess your current swing status and design a specific program for improvement utilizing the most sophisticated technology available as well as basic exercises to improve both strength and flexibility.

Included in the monthly package is:

- Two Private Lessons
- One Supervised Practice Using Trackman & MySwing
- One Fitness Regimen Designed Precisely For You
- Video Analysis of Changes
- Monthly Initial Evaluation

## Lesson Packages – 5 Fore 4 Special

Five lessons for the price of four might be just the incentive you need to sharpen all aspects of your game. We will utilize our well-rounded practice facility as well as the renovated indoor area here at The Golf Center. Our venues will allow us to work on your game not only this fall but all winter long.

Using both Trackman Golf and MySwing I will be able to answer the questions that you need answered in order for your game to go places it never has come the 2019 season.

For more information about the “Get Golf Fit” monthly program or the 5 Fore 4 Special please feel free to email me at any time. To sign up your first lesson simply [BOOK A LESSON](#) and search for me, Andra Frappier.



“GET GOLF FIT”

Division I Scholarship  
Golfer for Fairleigh  
Dickinson University

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Lead Assistant for  
Lyman’s own  
Golf Fore Women  
Programming

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Lead Assistant for  
PGA Jr. League

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