

## **GOLF FITNESS**

## GOLF KUNTOSALI TAKES GOLF COACHING AND FITNESS TO A NEW LEVEL IN FINLAND

Helsinki has Europe's best indoor golf centre designed to improve golfers playing ability, their physique and their golfing knowledge. On the markets most accurate Golfing Technology, allowing players to get a full understanding of their current game. Using every club in the bag on the 65 driving ranges, chipping areas and putting greens, on famous golf courses. Enabling a complete analysis of their current performance, it is possible for the in-house PGA Professionals, to quickly explain how technique needs to improve. What muscles are needed to be strengthened, to increase distance and to improve accuracy. By having the gymnasium next to the Simulators, golfers are much more inclined to work with their personal trainer, on the fitness program that makes this happen. Massage Chairs are used to enhance the muscle tone relaxation, within their fitness program. Each week golfers can review improvements with their golf pro, by practising upon Sports Coach Simulators. Whist relaxing golfers can play many famous golf courses, on GSX the world's best graphics engine. Alternatively they can watch with friends, current tournaments on the PGA and European Tours, in the stunning lounge.











