

Beyond Fitness | Exclusive Golf Performance Invitation

(Front Cover)

“Stronger. Smoother. Longer off the Tee.”

An exclusive invitation for select members of [Golf Club Name]

(Golf lifestyle image — golden hour on the course, elegant feel, paired with your logo & deep green brand color)

Why Golfers 50+ Choose Beyond Fitness

(Inside Left)

The game changes as we age. Distance fades, flexibility tightens, and recovery after 18 holes takes longer than it used to. But that doesn't mean your best golf is behind you.

At Beyond Fitness, we specialize in helping golfers 50+ build the strength, mobility, and balance needed to:

- Add yards off the tee with rotational strength training
- Maintain a fluid swing with improved shoulder and hip mobility
- Reduce back and joint pain with targeted stability work
- Walk off the 18th green feeling strong, not sore

This isn't generic gym training — it's science-based coaching tailored to golfers.

Your Exclusive Member Gift

(Inside Right)

As one of the club's most valued golfers, you've been hand-selected to receive a complimentary premium experience at Beyond Fitness.

Choose one golf-specific session:

- Golf Strength & Mobility Session

Add rotational power for more distance and protect your back.

- Golf Flexibility & Stretch Therapy

Unlock tighter hips & shoulders to swing easier and play longer.

- InBody Scan + Golf Wellness Assessment

Identify muscle imbalances and posture issues holding your game back.

- Golf-Specific Personal Training Session

One-on-one workout to boost club-head speed, balance, and confidence.

Valued at \$110–\$125 | Reserved exclusively for select golf members

To redeem: Contact Beyond Fitness directly. This invitation is limited and not available to the public.

About Beyond Fitness

(Back Cover)

Located in Victoria, Beyond Fitness is a private training studio specializing in:

- Personal Training for adults 40+
- Golf-specific performance coaching
- Stretch therapy and athletic therapy
- Longevity & strength training

Every coach holds a degree in Sports Science — ensuring safe, proven, results-driven programs.

Beyond Fitness

[Your Address] | [Your Phone Number] | [Your Website QR Code]

This invitation is exclusive and non-transferable.