

Custom fit Your Body

As we enter the new millennium the United States Golf Fitness Association and the Professional Golf Fitness Association have committed to changing the way golf is taught and viewed. This new and innovative industry has caught the attention of many top golf professionals and enthusiasts on the national scene. Larry Castro; the founder of the USGFA and PGFA is the leader and key figure in athletic development for golf. As a golf professional and instructor, Mr. Castro saw that golfers were indeed athletes and should be trained as athletes. Everyone on Tour knows that in order to compete consistently you must be physically fit. Tiger Woods, David Duval, Jesper Parnevick, are all great examples of the benefits of athletic development. The key element to the meteoric rise of the USGFA is to play better, feel better, and look better. Life is not a spectator sport and the objective of the USGFA is to improve the golfers fitness and health by promoting comprehensive health related education throughout one's golf life.

and Your Swing

The USGFA has been instrumental in providing the golfing community with credible and highly skilled PGFA Professionals. The USGFA/PGFA have committed their resources and efforts to educating the golfing community through their cutting edge programs, training, research & development with PGFA trainers throughout the country. In addition, Golf Fitness Magazine highlights athletic development and a healthy lifestyle in the golfing community.

The USGFA also provides the opportunity for businesses to become Associate Business Members and USGFA Site Locations. The official USGFA Site Locations are recognized nationally as Premier Golf Fitness Facilities with a strong commitment to athletic excellence. Each facility is staffed with PGFA Instructors

To find the nearest PGFA instructor, to become a PGFA instructor or to become an Associate Business member or site location call (760) 291-1093 and/or www.usgfa.com



United States Golf Fitness Association
Live, Look, Feel and Play Better

The official golf fitness consultants for Pro Kids Golf Academy
The number 1 First Tee Program in the Nation

