

Participants can help us extend the reach of Swing Fit through their networks

Encourage girls to have fun taking photos during their sessions, and then post them on Instagram.

Directions: Tag @swingfitau in photos and include #swingfitau.

Here are some examples of some great posts! 😊



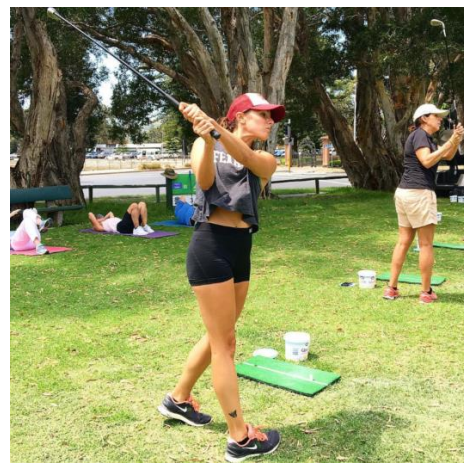
serrincooper
Northern Golf Club

14w

paris_fieldings, lollynhh, mr_marrasso, stephaniejurinov and coatesgolf like this

serrincooper Game on! Girls in Lycra taking over the range 🏌️💪 @swingfitau #golflife #swingfitau #thisgirlogolfs #northerngolfclub

♡ Add a comment...



herwanderlustlife
Rose Bay, New South ...

165 likes

1w

herwanderlustlife I had so much fun playing yesterday with @swingfitau @swingfitsydney 🇺🇲. 2017 is all about trying new things! Golf mixed with fitness...yeeew!

herwanderlustlife #golf #yogilife #trysomethingnew #fun #love #golfaustralia #sydney #australia #healthy #fit #swingfit

carldawg Lol get it swingfitau Glad you had such a great session with @swingfitsydney. We love Andrea!

katiescanlan Nice! 🍷🍷

wanderlustress_ 🍷

abhijaya108 🍷

weddingsandwellness So awesome 🍷

lebellagypsy What an awesome picture! 🍷

♡ Add a comment...



swingfitau

25 likes

2w

swingfitau Swing Fit at its finest 🏌️. Great shot @swingfitsydney @randwickgolfclub #swingfitsydney #golflife #swingfit #swingfitau #swingfit #girlswhogolf #swingfitcentre #thisgirlogolfs

♡ Add a comment...



tomorganic
Albert Park Golf Drivin...

245 likes

10w

tomorganic We are an interesting mix of girls at TOM, some of us are quite active and some of us... well, aren't so much! What none of us expected was to find ourselves at a Golf Australia @SwingFitAU session today. When we heard it was a mix of golf for beginners, with pilates and yoga style exercises followed by a drink in the sunshine, even the most sceptical of us were a little intrigued. So we gave it a go this afternoon and had SO MUCH FUN. Ladies, get on it! 🏌️💪 #swingfitau #swingfit #girlswhogolf #womeninsport #wipemyride 🍷

crystal_pelletier Nice! 🍷🍷

bodymeetbride Super nice!

kosmeaaustralia Looks fun :D

ubounce_fitness Hey that sounds fun! If you ever feel like trying out another

♡ Add a comment...