

Participants can market Swing Fit to their networks

Encourage girls to have fun taking photos during their session's then post on Instagram.

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

Here are some examples of some great posts! 😊





 **thefitnessfootfiend**
Northern Golf Club [Follow](#)

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thefitnessfootfiend I've always had the misconception that golf was a boring mans game, but thanks to yesterday's session with @swingfitau   learning to swing a golf club almost as tall as me while incorporating core exercises was a lot more fun and sweeter than I thought 🥰

Definitely was fun mixing up my training, getting out of my comfort zone and learning something new in the process. If it doesn't challenge you it doesn't change you right?

#swingfitau #golf #golfaustralia #fitness #getoutofyourcomfortzone #challengeyourself

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lifestylebymel Yes girl!!!!

nessasphere So happy you got to learn something new! Golf is great 🙌🥰

nrimcunnatea 🥰

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 **siannahshaw**
Northern Golf Club [Follow](#)

255 likes 1d

siannahshaw Concentration face..     thanks @swingfitau for the challenging golf/Pilates session. Was definitely out of my comfort zone and a great way to mix up my fitness routine 🎵🎵
[100 100](#)

sgreene 🐱🐱🐱

michellegreene_ Now that's a new training combo! 🌟

laura.henshaw That looks awesome ☺

daltgraham How'd you go?
[@siannahshaw](#)

siannahshaw Probably hit 1 out of every 5 [@daltgraham](#)

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