

**Media Contact:**

Jeff Reiter  
Cantigny Golf  
630.260.8218  
[jreiter@mccormickfoundation.org](mailto:jreiter@mccormickfoundation.org)

**FOR IMMEDIATE RELEASE**

**GOLF FITNESS TRAINING SERIES AT CANTIGNY GOLF ACADEMY**

**Wheaton, Ill., February 16, 2016** — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, is offering a new six-week Golf Fitness Training Program. Dr. Paul Callaway, director of golf fitness training at the Academy, will lead the evening workshops for golfers of all skill levels ages 18 and older.

Golfers can choose from three series of weekly classes this spring:

- **Series 1: Thursdays, March 3 to April 7** (7:00-8:30 pm)
- **Series 2: Wednesdays, March 16 to April 20** (7:00-8:30 pm)
- **Series 3: Thursdays, May 12 to June 16** (7:00-8:30 pm)

The program provides an introduction to basic physical conditioning for improved golf-specific posture, balance, flexibility and strength. Callaway will lead each student (limit 6 per class) through a golf fitness training progression designed to:

- **Increase full-swing functional mobility for faster swing speed, power and distance**
- **Improve solid shot-making for great accuracy and consistency**
- **Learn the mind-body-swing total golf performance secrets of PGA Tour pros**
- **Build a stress-free swing with reduced injury potential**

The cost per six-week program is \$300. To register or for more information, golfers should call Callaway Golf Fitness at 630.567.7572 or email [Paul@CallawayGolfFitness.com](mailto:Paul@CallawayGolfFitness.com). Registration is required at least five days before the beginning of the series.

Tuition includes weekly training materials and copies of Callaway's three eBooks: *The Secret to Achieving Your Ideal Golf Swing*, *Golf-Fit for Life* and *The Winner's Image*.

Classes are held in the Callaway Golf Fitness suite at the Cantigny Golf Academy (27w270 Mack Road in Wheaton).

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**About Cantigny Golf**

Cantigny Golf, managed by Northbrook, Ill.-based [KemperSports](http://KemperSports.com) and owned by the Robert R. McCormick Foundation, was named "Best New Public Course in America" by *Golf Digest* when it opened in 1989. The 300-acre complex includes 27 scenic holes designed by Roger Packard, the year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. For more information, please visit [CantignyGolf.com](http://CantignyGolf.com).