



Golf Academy to Host Callaway Golf Fitness Workshop Series

WHEATON, IL, October 29, 2012 — The Cantigny Golf Academy and Callaway Golf Fitness are offering an affordable Tuesday evening workshop series designed to help golfers play better, stay healthy and get more enjoyment from the game.

The 75-minute workshops will be presented twice monthly beginning in November by Dr. Paul Callaway, Cantigny Golf Academy director of golf fitness.

November and December workshops:

- Tuesday, November 6, 7:00 pm
How to Design an Off-Season Golf Conditioning Program
- Tuesday, November 20, 7:00 pm
The “Back Pain” Solution for Golf
- Tuesday, December 4, 7:00 pm
Conditioning for Women Golfers
- Tuesday, December 18, 7:00 pm
The Pros’ Secrets to Maximum Power and Distance

Workshop dates and topics for January through May 2013 are posted on the calendar pages of CantignyGolf.com.

The cost per workshop is \$10 for adults and \$5 for junior players under age 18. The fee includes a copy of Callaway’s e-book, “The Secret to Achieving Your Ideal Golf Swing.”

Workshops are held in the Callaway Golf Fitness suite at the Cantigny Golf Academy (27w270 Mack Road in Wheaton). Classes are limited to the first 25 golfers who preregister. To sign up for one or more workshops, or for more information, golfers should call Callaway Fitness at 630.567.7572 or email Paul@CallawayGolfFitness.com.

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About Cantigny Golf

Cantigny Golf, part of the Robert R. McCormick Foundations, opened for play in 1989. That year, *Golf Digest* magazine named it the “Best New Public Course in America.” Cantigny has hosted the Illinois State Amateur three times and also the 2007 U.S. Amateur Public Links Championship. The 300-acre Cantigny Golf complex includes 27 scenic holes, 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.

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