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FOR IMMEDIATE RELEASE

2016 GOLF FITNESS WORKSHOPS AT CANTIGNY GOLF ACADEMY

Wheaton, Ill., December 21, 2015 — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, announces a series of Tuesday evening workshops in 2016 focusing on golf-specific fitness and injury prevention. Golfers will receive easy-to-follow advice on how to stay healthy, play better and get more overall enjoyment from the game. The workshops begin in January and will take place twice monthly through May.

Dr. Paul Callaway, Cantigny Golf Academy Director of Golf Fitness Training, will present the sessions from 7:15 to 8:30 p.m. January and February workshops are:

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| Jan. 5 | How to Gain Spine and Hip Flexibility for a Bigger Turn |
| Jan. 19 | Total Golf Conditioning for Maximum Power and Distance |
| Feb. 2 | How to Unlock Your Hidden Golf Swing Speed |
| Feb. 16 | Elevate Your Game Through a Customized Golf Fitness Training Program |

The cost per workshop is \$10 for adults and \$15 for couples. Junior golfers (under age 18) are free when accompanied by an adult. Payment is cash only, at the door.

Fees include a copy of Dr. Callaway's e-book, "Golf-Fit for Life," and the opportunity to schedule a complimentary 30-minute Golf Posture and Golf Performance Goals Consultation or Injury Screening with Callaway.

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 pre-register.

To sign up for one or more workshops, or for more information, golfers should call Callaway Golf Fitness at 630.567.7572 or email Paul@CallawayGolfFitness.com.

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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.