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FOR IMMEDIATE RELEASE

GOLF FITNESS WORKSHOPS AT CANTIGNY GOLF ACADEMY

Wheaton, Ill., October 14, 2016 — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, announces a series of Tuesday evening workshops 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 November take place twice monthly through June 13, 2017.

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

- Nov. 8 **How to Design an Off-Season Golf Performance Conditioning Program**
- Nov. 22 **The Pros' Secrets for Maximum Power and Distance**
- Dec. 6 **Posture, Balance and Stability Training for Greater Accuracy and Consistency**
- Dec. 20 **Core Strengthening Essentials for Gaining Swing Speed, Power and Distance**

The cost per workshop is \$20 for adults and \$30 for couples. Junior golfers (under age 18) are \$10 when accompanied by a parent. 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 and/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 is one of the finest golf and hospitality destinations in the Midwest. Owned by the Robert R. McCormick Foundation and managed by KemperSports, Cantigny 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. Cantigny Golf is the four-time host of the Illinois State Amateur Championship and ranks No. 8 in Illinois among *Golfweek's* "Best Courses You Can Play." For more information and tee times, visit CantignyGolf.com.