



Golf Fitness Workshops Resume in January

WHEATON, IL, Dec. 26, 2013 — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, offers affordable Tuesday evening workshops designed to help golfers play better, stay healthy and get more enjoyment from the game.

The workshops (7:15 to 8:30 pm) are presented by Dr. Paul Callaway, Cantigny Golf Academy director of golf fitness.

Here's the January and February schedule:

- **Tuesday, Jan. 7**
Getting Golf-Fit for Optimal Performance
- **Tuesday, Jan. 14**
How Your Golf Body Controls Your Golf Swing
- **Tuesday, Jan. 21**
Simple Steps for Greater Distance and Accuracy
- **Tuesday, Jan. 28**
Golf Fitness Training Essentials for "Avid" Golfers
- **Tuesday, Feb. 3**
The Most Important Piece of Golf Equipment: Your Body
- **Tuesday, Feb. 10**
Achieving Proper Spine Angle for Greater Accuracy and Consistency
- **Tuesday, Feb. 17**
Golf-Specific Conditioning for Junior Golfers
- **Tuesday, Feb. 24**
Injury Prevention for Golfers

Workshop dates and topics for March through April 2014 are posted on the calendar pages of CantignyGolf.com.

The cost per workshop is \$20 for adults; \$30 for couples; and \$10 for juniors under age 18 when accompanied by an adult. Payment is cash only, at the door. The fee includes a copy of Dr. Callaway's e-book, "The Secret to Achieving Your Ideal Golf Swing," and the opportunity to schedule a complimentary 30-minute golf posture and/or injury screening with Callaway.

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.

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.

About Cantigny Golf

Cantigny Golf, designed by Roger Packard and 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 hosted the 2007 U.S. Amateur Public Links Championship and the 2013 Chicago Open. In 2014, the Illinois State Amateur returns to Cantigny for the fourth time. 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.

Media Contact:

Jeff Reiter

Cantigny Golf/Cantigny Park

630.260.8218

jreiter@mccormickfoundation.org