

Golf Fitness Workshops Offered Weekly in March and April

WHEATON, IL, February 24, 2014 — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, is hosting “Spring Training” to help golfers tune up their bodies and swings for the season ahead.

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

Workshops are scheduled EVERY WEEK in March and April:

- **Tuesday, March 4**
Improving Swing Speed, Power and Distance through Golf-Specific Fitness
- **Tuesday, March 11**
Posture, Balance and Stability Training for Greater Golf Accuracy and Consistency
- **Tuesday, March 18**
Elevating Your Game through a Customized Golf Fitness Training Program
- **Tuesday, March 25**
5 Keys to Helping Your Body Do What Your Mind is Thinking
- **Tuesday, April 1**
Golf Fitness Spring Training: Getting Your Body and Swing Ready for the Season
- **Tuesday, April 8**
How Your Current Fitness Program May Be Hurting Your Swing
- **Tuesday, April 15**
Golf Fitness Secrets to Stop Your Slice Once and For All!
- **Tuesday, April 22**
Power Mind, Power Body, Power Swing
- **Tuesday, April 29**
The 7 Essential Golf Fitness Exercises Every Golfer Should Know

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 Foundation, celebrates 25 years in 2014. When it opened in 1989, *Golf Digest* magazine named Cantigny 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 (July 15-17), and the Chicago Open tees off Oct. 5-7. 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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