

# GOLF & BODY — NYC —

**Golf & Body NYC Offers One-Of-A-Kind Game Improvement Opportunity**  
*Ultimate Tour-level training available to everyday players*



Sean Foley, James Leitz, Ben Shear

**New York, N.Y. (Dec. 15, 2015)** - Many golfers wonder how good they could get if only they had access to the same instruction and physical training employed by the stars of the PGA Tour.

Now they can find out firsthand.

Golf & Body NYC—the private club in midtown Manhattan that offers golfers the ultimate setting for enhancing their performance—has put together an extraordinary game-improvement package by bringing together three of golf’s most recognized and awarded instructors and trainers.

The “Golf & Body Experience” is a year-long program featuring instruction from Sean Foley (whose PGA Tour students have included Tiger Woods, Hunter Mahan, and Justin Rose), golf analytics and regimen design by world-class instructor James Leitz, (Golf Magazine’s only Top 100 Teacher and Top 100 Club Fitter and the game’s leading expert in ball-flight analysis), and thorough physical assessment and strategic training design by performance training and biomechanics specialist Ben Shear, (whose current PGA Tour clients include Luke Donald, Webb Simpson and others).

When in the New York area, all three instructors work exclusively at Golf & Body NYC (GBNYC). But this unique golf-training program is available not only to current club members but to a select group of golfers who wish to hone their games by partaking in this exclusive opportunity.

Golfers who apply for the “Experience” and membership at GBNYC will work with Foley, Shear, and Leitz, as well as other members of the professional team. Each selected participant will receive four personalized swing analysis videos from Foley, who will develop an instruction plan and monitor progress over the course of an entire year.

Shear and Leitz will conduct initial assessments of the strengths and weaknesses of the golfer’s technical and physical skills, and then compose detailed practice and training regimens that can be worked on in GBNYC’s state-of-the-art fitness and training facilities throughout the course of the year.

Training will continue with GBNYC staff, with regular monitoring by Foley, Leitz, and Shear. On-site training sessions with GBNYC staff are \$150 per hour.

In addition, each participant will receive a set of custom-fit irons and three wedges from True Spec, whose cutting-edge fitting technologies and industry-leading selection of premium golf clubs and shafts bring the highest level of performance and precision to a golfer’s game.

Next spring, after a full pre-season of customized practice and training routines, each student will meet with Foley for a private on-course session. It will include a two-hour lesson on the range, followed by a two-hour on-course playing lesson, focusing on elements such as swing mechanics, course management, scoring, and other customized aspects of the participant’s real play.

The Experience concludes with a follow-up on-course session conducted by Foley to evaluate the golfer’s progress and prepare a prescription for future work.

The “Golf & Body Experience” is available to club members for \$25,000. Non-members can join the club and experience the same package for \$42,500.

This exclusive Experience program is available to a limited number of golfers (four non-member, amateur golfers) and an application to participate is required. The enrollment period is from December 15, 2015 through January 8, 2016.

For more information about the experience or to access the enrollment application, go online to [www.golfbodnyc.com/the-experience](http://www.golfbodnyc.com/the-experience). For additional information contact Gina DaDan at [gina.dadan@golfbodnyc.com](mailto:gina.dadan@golfbodnyc.com).

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