

GOLF & BODY — NYC —

Golf & Body NYC Is The Place To Make The Most of Warm-Weather Golf

Don't just play this summer, improve!

New York, NY (March 2, 2017) - Winter is waning and golfers are coming out of hibernation anxious to get out on the course. But according to Golf & Body NYC—the private club in midtown Manhattan that offers golfers the ultimate setting for enhancing their performance—the warm-weather months shouldn't only be for playing golf.

They should be for playing *better* golf. And Golf & Body NYC can help.

Golfers who want to knock the winter rust off their swings and bodies will want to check out Golf & Body NYC. Inside the spacious club—located just steps from Herald Square, Penn Station, and the Empire State Building—are complete golf practice areas with full-screen simulators and other high-tech training devices (including TrackMan, TruGolf, K-Vest) for every part of the game.

Leading the team of pros is Darrell Kestner, one of the country's top teachers, along with other great instructors including Ron McDougal, Eden Foster, Joe Ostrowski, and Dale Gray. The club also has a panel of advisors, each a specialist in an element of the game, including swing coach Sean Foley and putting expert David Orr.

Golf & Body also has a state-of-the-art fitness area with special equipment and trainers who know how to get golfers back in shape and physically prepared to lower their handicaps and play their best.

Dr. Bradley Borne is at the hub of all performance, training, and healing services at Golf & Body NYC. Focusing on the needs of members, Dr. Borne brings together the many available health disciplines and is charged with evaluating and adding new methods and techniques. Among those offered are physical therapy, chiropractic, yoga, massage, nutrition, and other services, all given in concert with the member's golf instruction program.

There are two ways to experience Golf & Body NYC this summer. Join by June 1 and receive a \$500 credit toward club services. Or sign up for a special trial membership, a three-month opportunity (Memorial Day through Labor Day) to try everything the club offers. Included in the trial membership, which costs \$2,700, are:

- Full use of G&B NYC facilities and all services

- Initial golf full-game performance evaluation and fitness assessment
- Full access to the fitness center, open hitting bays, and putting greens
- Complimentary pre-golf mobility session/wellness consultation
- Full-bag diagnostic with True Spec custom club fitter (fitting/equipment purchase additional)
- Introductory nutritional consultation
- Bag storage for one set of clubs
- Three complimentary guest passes

Junior and “permanent” (May through November) summer memberships are also available.

Golf & Body NYC takes a holistic approach to golf, bringing together instruction, personal training, and sports medicine, while making the most of the member’s valuable time to promote and maintain improvement. The membership is set up to help golfers improve their game and their health year-round with a series of programs that coordinate with each member’s work, life, and golf schedules. The core philosophy is that winning on the weekend begins with working during the week to get the most possible from the mind, the body, and the swing.

For more information about Golf & Body NYC, contact Danielle Patti Kindelmann, club manager at (212) 244-2626 or visit www.golfbodynyc.com.

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