

GOLF & BODY

NYC

883 Avenue of the Americas (at 32nd Street)
New York, NY 10001
(212) 244-2626
www.golfbodynyc.com
info@golfbodynyc.com

Mission: Golf & Body NYC is a private club in the heart of Manhattan that offers golfers the ultimate setting for enhancing performance, getting and staying fit, and socializing with friends and business associates. A world-renowned team of golf, fitness and sports medicine experts combines its knowledge with the members' passion to help them play the best game of their lives in the best shape of their lives. Along with its innovative programs, Golf & Body NYC offers entertainment options that turn the "19th hole" into a sophisticated bar and dining experience.

What We Do: Golf & Body NYC brings together golf, fitness, wellness, and entertainment—all under one roof. Members have exclusive access to amenities and services ranging from Tour-level golf instruction and training to sports medicine and various types of entertainment. The exceptional facilities allow members to maintain their games all year long with the ability to practice and play individually, socially, or for business. A state-of-the-art fitness center—featuring professional-grade programming and trainers—allows members to work on getting fit and enhancing performance at their own pace and schedule.

Philosophy: Better golf is a team effort, and GBNYC provides a proven team of experts to help the golfer improve in every dimension of his/her game. Our core disciplines are golf instruction, fitness, and wellness, which come together in an environment created to help golfers of every skill level. GBNYC is dedicated to the long-term success of our members on the course, in the gym, and in their daily lives.

Established: 2013

Location: Just off Herald Square in the heart of New York City, a central location that allows easy access to midtown, Penn Station, numerous subway lines, and Madison Square Garden.

Golf: GBNYC has assembled a talented, experienced staff of PGA golf professionals led by Darrell Kestner, who is highly rated by both Golf Digest and Golf Magazine. Director of Golf Ronnie McDougal works full-time at the facility, and a number of coaches work part-time, including Eden Foster (Maidstone Club),

another Golf Magazine Top 100 Instructor. The team of professionals is available to evaluate the member's golf swing, short game, and putting, and can develop individualized programs in conjunction with the performance coaches.

Featured Advisors: Instructors Sean Foley, James Leitz, and David Orr—all of whom work with top PGA Tour players—make periodic visits to GBNYC to work with the staff on mechanics and technology and are available to members .

Among the diagnostic tools in-house are seven state-of-the-art High Definition™ golf simulators, TrackMan Launch Monitors, E-Golf, AMM/K-Vest 6DOF Walkabout, V1 video analysis, an advanced SAM Puttlab Putting Studio. There are two practice greens totaling more than 1,800 square feet. Hitting bays are available for practice or play, individually or in groups. Other amenities include bag storage, club fitting and repair by True Spec Golf, as well as concierge services such as club shipping, merchandise and golf experiences both indoor and outside.

Body: PGA Tour fitness trainer Ben Shear has created a total body program based on his work with top golfers such as Luke Donald, Webb Simpson and Russell Henley. Shear's proven systems for improved health and golf performance promote optimal health and physical development.

The process starts with an assessment of each player's mobility, stability, and coordination, while identifying underlying issues that can lead to injury. Golf & Body NYC's team of physical trainers then design a program that fits the member's needs and constraints. Member data is centralized, affording trainers seamless access to the information needed to keep members progressing and reaching their personal goals across all available disciplines.

Opportunities and equipment include:

- Redcord, Keiser, Vertimax, Life Fitness, and Cybex equipment
- Personal training (one-on-one and semi-private)
- Core Fitness and Yoga
- Assessments: Basic and Advanced Physical Elements of Golf Performance, 3-D Biomechanical Evaluations

Sports Medicine/Wellness: GBNYC therapists work closely with the golf and fitness professionals, critical to preventing injuries and keeping members functioning at a high level. Therapists are certified through Titleist Performance Center, Neurac Institute, Graston Technique, Active Release Technique, Functional Movement Systems, Selective Functional Movement Assessment, and Muscle Activation Technique. Dr. Bradley Borne oversees the sports medicine and wellness services.

Therapists provide one-on-one, 60-minute sessions customized to members' needs. Available therapies include soft-tissue work, chiropractic care, physical therapy, massage, acupuncture, nutritional counseling and Thai yoga.

Dining: The club features a full bar, café, and catering services.

Entertainment: Golf & Body NYC is an urban golf club environment that provides a world-class backdrop for entertaining clients or hosting events for as few as four people and up to 200 with full bar, dining, and catering services. The “golf experience” features comfortable lounges, seven state-of-the-art golf simulators, hitting bays with lush couches and chairs, as well as high-definition televisions and three practice putting and chipping greens.

Members can reserve a bay for personal practice or to entertain friends and colleagues with cocktails and snacks. GBNYC’s professional staff can offer instruction, contests, competitions, and other entertainment at the time of the event. Food and beverage service, as well as space rental, can be customized to individual or corporate needs.

Events hosted range from networking and team-building activities, to product launches to holiday functions. Breakfast and luncheon meetings can be held on GBNYC’s main floor or in the Executive Suite, which is fully equipped with private simulator and lounge with full AV capabilities for presentations.

Membership: Golf & Body NYC offers a range of membership options for individuals, juniors, families, and corporations. There is an initiation fee and annual dues. For details, please contact membership sales at 212/244-2626.

Media Contact: Karen Moraghan, Hunter Public Relations, 908/963-6013, kmoraghan@hunter-pr.com