



GOLF PERFORMANCE CENTER
fine-tune your game

YOUR CANYON RANCH
golf experience

Discover exciting learning opportunities with indoor training, analysis through leading-edge technology, and PGA personalized instruction at the Canyon Ranch Golf Performance Center, a state-of-the-art, 3,400-square-foot facility, featuring:

- V-1 Video Capture analysis
- Golftek swing analyzer computerization
- Explanar Fitness Training System
- Online video analysis

For both novice and experienced golfers, the Golf Performance Program offers multiple possibilities for real improvement. Talk with a Program Advisor to schedule any of our innovative sessions.

CANYONRANCH.
The Power of Possibility.

INDIVIDUAL GOLF LESSON

First and foremost, expect simple. The golf swing can get really complicated – we’re going to target one to three concerns and repeat, repeat, repeat. Also, you’ll experience lots of training aids, lots of technology and lots of advancement. We’ll email your online video analysis so you don’t ever forget what you’ve learned.

GOLF PHYSICAL ANALYSIS

In this two-part session, you will be evaluated by a PGA instructor, who will assess your balance, flexibility, golf posture and swing speed.

The instructor will then video and analyze your golf swing while offering conditioning and training exercises for your body and swing.

THE BOOT CAMP GOLF SERIES

Boot Camp Golf is our most popular offering. This is intensive, focused instruction and training over three days, two hours per day. For beginning, intermediate and advanced players. (Instruction is individual unless you request otherwise.) Choose from:

- **Boot Camp Golf – Full Swing**
This leading-edge learning system works through repetition to hone skills and develop muscle memory. Our Canyon Ranch PGA instructors will provide the repetition curriculum that best meets your needs.
- **Boot Camp Golf – Short Game**
Putting, chipping, pitching and bunker play comprise over 60 percent of your shots. Boot Camp Golf’s muscle memory instruction is applied in these areas, thus accelerating the learning process.

• **Boot Camp Golf – Conditioning**

A PGA golf professional instructs you in the elements of an athletic swing: balance, tempo, relaxation and awareness. You’ll practice your swing and improve the shape you’re in with the help of various golf-conditioning training aids. A unique integration of swing training and specialized conditioning.



**And if you’re ready to go farther and deeper –
PEAK PERFORMANCE GOLF**

The four-night Peak Performance Golf Package offers thorough assessment and planning with an integrated team of professionals, including a physician, life management counselor, nutritionist and exercise physiologist, plus PGA instructors. This package is the ultimate for anyone who wants to enhance his or her performance on the course – and in life.

WE ALSO OFFER:

- Semi-Private Golf Lessons (for two players)
- Group Clinics
- Half-Day Partners Golf School

GOLF PACKAGE STAYS

These all-inclusive packages allow you to take advantage of all that Canyon Ranch has to offer, plus focus intensively on improving your game. Our high-tech approach offers an easy-to-understand swing-improvement curriculum that will be targeted to your specific needs.

These services are substituted for those in a standard package stay:

Four-Night Golf Package

- One Individual Golf Lesson in the Golf Performance Center with a PGA professional
- Allowance for spa, sports and integrative wellness services
- Two rounds of golf at Ventana Canyon Resort (including transportation to the course, cart, green fees and practice balls)

Seven-Night Golf Package

- Two Individual Golf Lessons in the Golf Performance Center with a PGA Professional
- Allowance for spa, sports and integrative wellness services
- Three rounds of golf at Ventana Canyon Resort (including transportation to the course, cart, green fees and practice balls)

Please call Reservations at 800-742-9000 for spa package rates. Golf services in packages are substituted for those in a typical spa package. Additional play is separate from the golf package and may be coordinated through Canyon Ranch Guest Services.

