

# FORE-MAX™ golf training system

The Westin Kierland Resort & Spa, you'll find an exclusive program that brings together traditional instruction, fitness, training and nutrition. Most programs touch on one or two of those elements at most. FORE-MAX™ training program is a "one-stop" fitness and golf training system.

## Here's a snapshot of what you can expect:

FORE-MAX's Steve Heller has teamed up with industry-lauded golf instructors, Mike and Sandy LaBauve of Kierland's LaBauve Golf Academy, to develop FORE-MAX™ Training System, which blends the best of exercise physiology with top golf instruction. The result is a personalized work out program that's virtually guaranteed to increase driving distance and stamina on the course.

For the traveling guest, FORE-MAX™ training program regimen is compiled into take-home format. Ongoing correspondence with FORE-MAX™ training team is offered.

Steve Heller, Fitness Director at The Westin Kierland Resort & Spa is the co-creator of this revolutionary fitness and golf-training program. For the last seven years, he has worked with amateur and professional athletes in Phoenix/Scottsdale regarding exercise physiology in relation to sports specific training.

Mike and Sandy LaBauve of LaBauve Golf Academy are among the very few husband-wife teaching teams in the world, both in the "Top 100 instructors" with Golf Magazine. Mike is also listed in the "Top 50 Instructors" of Golf Digest and Sandy is listed in Golf Digest's "Top 50 Women Instructors."

We encourage all guests who are interested in learning new ways to gain consistent distance in their game to contact Agave, the Arizona Spa for more information on class times and availability.

This service is also available for large "Boot Camp" sessions with groups up to 300 attendees. For pricing, please call the Spa.

**480-624-1500 or ext 1500 from a guestroom phone.**

