**My New Year’s Resolution…**

Does your 2017 New Year’s resolution look something like one of these?

“I am going to do something for me”

“I am going to be more active”

“I am going to spend more time outdoors in the sunshine”

“I am going to start playing golf”

If so, we have the solution for you!

What’s more, it doesn’t require you to make a huge investment – time-wise or financially!

Swing Fit is Australia’s fun, healthy and social way for women to get started in golf.

You’ll learn the basics of the golf swing and how to putt whilst also getting your whole body moving through conditioning and movement exercises including yoga and Pilates.

[Insert name of venue] is running programs starting from [insert day and date].

The sessions last 75 minutes and only cost [insert price].

The [six week] program starts on [insert start date and time].

So start the year off with fun and fitness by searching [insert postcode] and registering at swingfit.com.au.

For enquiries, please call [insert name and phone number of local contact].

Learn more about Swing Fit at [www.swingfit.com.au](http://www.swingfit.com.au).

--- End of release ---