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For Immediate Release

Are You Looking For A Guaranteed Way To Improve Your Golf Game?

Exeter, NH, March 12, 2007---Every golfer has at least one component of their golf swing that can be improved with a proper strength and conditioning program. A lack of flexibility and or strength will adversely affect every golfer's swing mechanics. Now is the time to prepare for the 2007 golf season!

"The Acceleration Golf Conditioning Program will teach you how to train specifically to improve your swing mechanics and to prevent injuries while doing so, says Karen Kay, Acceleration's Sport Performance Director. We will teach you how a lack of "golf" flexibility and associated muscle imbalances will affect your swing. Golf specific training will help you to prevent nagging injuries that will also affect your swing or limit your play. You will increase your flexibility, increase your club head speed and driving distance, as well as improve your overall fitness level."

For more information on the Golf Conditioning Class, please contact Access Acceleration: Karen Kay, Director of Sports Performance at (603) 778-4890, karenkay@accessacceleration.com Please visit Access Acceleration's website for more information, www.accessacceleration.com