



PRESS RELEASE

Golf Nation Expands Fitness Center

Adds new Equipment, Studios and Classes for Members.

Palatine, IL, December 18, 2009

What does a Club ranked best new facility in America do for an encore? "We're making a good fitness facility great!" says Tim Wuhrman, Golf Nation's General Manager. "Many people misperceive that we're only about golf and there's so much more. From the day we opened, we've had an outstanding fitness element with state-of-the-art equipment, daily fitness classes and the best instructors in the suburbs. Now we're taking it to a higher level!"

Golf Nation recently expanded its Fitness Center by adding new Spin and TRX Studios along with new cardio and strength equipment. Judy Dann, Golf Nation's Fitness Director, thinks the timing is perfect. "Spin is a fun and energizing class and fits very well with our adult demographic. And people will absolutely love our new TRX classes. They're becoming the hottest thing and offer a great total body workout."

When cold weather sets in, many individuals not only put away their clubs but also dramatically reduce their physical activity. Golf Nation eliminates the excuses and helps people stay energized and fit all year long. Members and non-members (through Day Passes) can beat the winter doldrums by working out in the newly expanded fitness center, playing a virtual round of golf at Pebble Beach and then enjoying a great meal while watching the big game on huge flat screen TVs.

"Since joining Golf Nation, our family is healthier and I personally have lost 30 pounds. Thank you Judy and Kelly!"

Bill S., Par Member

"With all the stress of today, I definitely need this getaway, mentally and physically. I am not here as often as I'd like, but the Membership is well worth it. Golf Nation helps me stay focused for what lies ahead of me."

Chris W., Charter Par Member

Golf Nation Testimonials: <http://golfnation.us/testpress.html>

Golf Nation Virtual Tour: <http://golfnation.us/ComcastSpot.html>

Golf Nation Home page: <http://golfnation.us/index.html>

Please contact Tim Wuhrman for more information.