

New Orleans Track Club Sneaker Speaker Series

presents

Tyson Matthew Shinaut

to discuss core strengthening & resistance training for runners and walkers

**Lafreniere Foundation Center
3000 Downs Blvd. Metairie, LA
Tuesday, August 25th 6:30 til 8 p.m.**

Seminar is free to all NOTC members (non members may pay \$5.00 at door).

- Professional Golfer
- NASM Certified Personal Trainer
- Owner/Founder of FiftyFore Apparel

A native of Colorado, Tyson Shinaut is a well-respected certified personal trainer accredited with the National Academy of Sports Medicine. He currently works as Senior Trainer at Manhattan Athletic Club while maintaining his status as a professional golfer and CEO of the golf clothing line he founded in California *FiftyFore Apparel*.

In addition to continuous training in Kinesiology and Sports Psychology for the past 15 years, Tyson has also traveled the country as a professional golfer. He turned professional in 2006 after graduating from University of Hawaii, Hilo where he was recruited on a full golf scholarship. He and his team ranked #1 in the nation while he earned a B.A. in Communication with concentrated studies in Sports Medicine and Physical Education. He also played for a year on full scholarship at the University of Nevada in Reno where he was recruited after winning the Colorado State Golf High School Championship.

Continuing in his commitment to physical education and professional golf, Tyson specializes in strength, flexibility and core stability.

