

# Golf-Fit

- **Power**
- **Balance**
- **Flexibility**
- **Stability**
- **Nutrition**



Golf fitness training has been proven to help amateurs and professionals alike improve their game and prevent injuries.

It helps **improve golf swing, endurance** and helps **build strong bones, tendons** and **joints**.

Whether a beginning golfer or one who's played for years, everyone can benefit from proper training and improved nutrition.

At HammerBodies our university-degreed and certified trainers monitor your every move and repetition to ensure your goals are achieved safely and effectively.

With over 35 years of experience training athletes at all levels, HammerBodies embodies the principles of quality, professionalism and caring.

Come in for a free consultation with Coach Hammer, guaranteed to be worth your time.

**314-567-3797**