

HammerBodies

Athletic Assessment Day

Open to Individuals or Teams
Guys & Girls

Free!

Free!

4 Performance Tests:

- *Speed*
- *Lower Body Explosiveness*
- *Upper Body Strength*
- *Flexibility*

When: Sunday, December 4th by appointment

Where: HammerBodies Custom Fitness
2121 Hammer Drive
Maryland Heights, MO 63146



Call 314-567-3797

to register!

or email
colby@hammerbodies.com



www.hammerbodies.com