



F45 TRAINING GENEVA

+



THE HIVE WELLNESS CENTER

UNLOCK YOUR SWING

MOVEMENT STRATEGIES FOR BETTER PLAY



MONDAY, JULY 7

F45 TRAINING GENEVA
962 S RANDALL ROAD
SAINT CHARLES

**SCAN BELOW TO
REGISTER!**
\$25 PER PERSON



WHAT YOU CAN EXPECT TO LEARN:

- **MOBILITY CONSIDERATIONS FOR AN EFFECTIVE GOLF SWING**
 - IDENTIFY LIMITATIONS
 - UNDERSTAND DYNAMIC CONTROL
 - UTILIZE FUNCTIONAL DRILLS

PARTICIPANTS WILL BE ENTERED INTO A RAFFLE TO WIN A FREE 1-ON-1 GOLF MOBILITY SCREENING WITH DR. CAM!