

The ultimate workout to take your FastPitch game to another level.

FROZEN ROPES  
*FastPitch*

# Super Girl Class

## Super Girl Class - Ages 11+



2 Hour Intensive class to take your game to the next level

- 2 Hour intensive softball skill & strength training
- Age appropriate strength training
- Agility and flexibility stations
- Hitting, fielding and throwing training
- Ball transfer and throwing improvement
- Bat speed and hand quickness

Ages 11 and up \$45 per session

4 Pack: \$170 8 Pack: \$325

**Mon. (6:00-8:00pm)**

Jan 30, Feb. 6, 13, 20, 27  
Mar. 5, 12, 19, 26

**Wed. (6:00-8:00pm)**

Feb. 1, 8, 15,  
Feb. 22, 29, Mar. 7, 14



FROZEN ROPES IN THE NEWS

Junior  
**BASEBALL**

Collegiate Baseball

**SportingNews**

**Sports Illustrated**

**USA TODAY**

**ESPN**

The New York Times

**BASEBALL PARENT**

TIMES HERALD-RECORD

The Washington Post

**Newsweek**

**NEWYORKPOST**

Entrepreneur