



HITTING BOOT CAMP

The Ultimate Work Out for Hitters.

If you want to be a complete hitter, this class will use all the tools to take you to the next level!

The Boot Camp workout will include:

- *Hitting Specific Strength Training*
- *Individual & Small Group Hitting Drills.*
- *Live Batting Practice*
- *WMD's, FOPO, & other Mental Skills*



Thursdays 6PM - 7PM

SATURDAYS 2PM-3-PM

Session 1: Dec. 7, 14, 21, 28.

Dec. 2, 9, 16, 23, 30

Session 2: Jan. 4, 11, 18, 25

Jan. 6, 13, 20, 27

Session 3: Feb. 1, 8, 15, 22

Feb. 3, 10, 17, 24

4 Week Session is normally \$100, only \$80 for the Fall!

**Frozen Ropes
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