

MAKE 2021 YOUR BEST SEASON EVER!



VELOCITY AND ARM CARE BOOT CAMP

This session is for the ball player looking to improve:

- **Arm Action and Arm Strength**
- **Range of Motion and Flexibility**
- **Velocity from the Mound and at all Positions**
- **Recovery Time and Injury Prevention**

**MONDAYS
7:00-8:30PM
DECEMBER 7TH - MARCH 29TH
AGES 12+ / CO-ED**

**\$40 PER SESSION
\$175 FOR 5 SESSSIONS**

REGISTER BY PHONE OR IN PERSON!

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