

UB

United Baseball Club



POWERED BY:



**FEATURING MAJOR LEAGUE PITCHER AND FROZEN ROPES ALUM
*JACOB RHAME***

WINTER ARM CARE PROGRAM

TRAIN LIKE A PRO!

MOBILITY - STRENGTH - STAMINA - POWER - INJURY PREVENTION - PERFORMANCE

WHEN: On Monday & Wednesday nights (7:00 PM) from November 16th to January 13th (excluding the weeks of Christmas & New Years)

WHERE: Frozen Ropes Training Facility (McKinney, TX)

PRICE: \$299.99 for the entire 6-week program or \$29.99 per class

WHY: Learn from a Major League Pitcher and Certified Strength & Conditioning Specialists how to reduce injury risk, enhance performance & take your game to the **NEXT LEVEL!**

