

Summer Baseball Strength & Conditioning



Looking to improve your overall strength and performance?
Are you a youth sports athlete striving to elevate your game?
Work out with a PRO trainer twice a week during this 10-week program.

START DATE: Thursdays & Saturdays (starts June 4) through mid-August

LOCATION: Emeryville Training Facility

TIME: 1-hour sessions (times to come)

COST: \$300 for 10 weeks or \$35 drop-in fee per session

ATTIRE: Gym clothes & tennis shoes

OUR SERVICES:

- Maintain and Improve Performance
- Prevent Injury
- Improve Agility and Explosiveness
- Stamina/Recovery to Finish Stronger
- Increase Power
- High Coach to Athlete Ratios
- Nutrition Consultation
- Conducted by Trainer Diante Jackson

Sign Up Now!