

# Summer Baseball Strength & Conditioning



**RKBA**

Looking to improve your overall strength and performance?  
Are you a Juniors little league player prepping for high school?  
Work out with a pro trainer twice a week during this 10-week program.

**START DATE:** Thursdays & Saturdays (starts June 5) through mid-August

**LOCATION:** SRHS Weight room

**TIME:** 1-hour sessions (times to come)

**COST:** \$300 for 10 weeks or \$25 drop-in fee per session

**ATTIRE:** Gym clothes & tennis shoes

## OUR SERVICES:

- Maintain and Improve Performance
- Prevent Injury
- Improve Agility and Explosiveness
- Finish Stronger
- Increase Power
- High Coach to Athlete Ratios
- Nutrition Consultation
- Conducted by Trainer Yago Fidani

**Sign Up Now!**