

In-Season Baseball/Softball Training

Are you tired of coming out of your high school or club team's "conditioning" the same way you went in? Out of condition and not at all ready for the season? Baseball and softball are sports that you must be prepared for. The "game" cannot be your conditioning!



Go. **FAST Forward.**

Sport Performance and Fitness

Aaron Gillies BS, CSCS

661-912-9991

The athletes that come to
Pair & Marotta Sports Performance
In-Season Baseball/ Softball Training

know this. The question is,

Are you one of them?

*What are the Benefits from attending our
In Season Baseball/Softball Training?*

- The core strength exercises that turn your bat into a BEAST...
- The reactive drills that will make you an All-Star in the field...
- The secrets that will make you Lightning on the base path...
- Protect your shoulder with the Jaeger Sports Arm Care Program...
- Conditioning that will do more for you than simply make you tired...
- **Essentially...the tools to get the most from your Baseball Specific Training**

So what are you waiting for?

Date: Starting February 2nd
2 Nights per Week, M,W or F
4-5pm or 6-6:45pm

Cost: \$80/4 Weeks or
\$300 for 16 weeks

Call or email Today for questions and registration:

Aaron@pairmarotta.com