

Baseball & Softball

In-season and Off-season Performance Enhancement Training

Help improve athletic performance, prevent injuries and promote longevity through
Baseball and Softball-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Improve hip and shoulder stability, 1st step reaction and MORE...

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-Th / Sat. 10:30 am

Age: 13+ yrs. 6:30-7:30 pm M-Tu-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$180 for 10 sessions

(Save with monthly unlimited packages – see website)

Team Packages

Baseball/Softball Specific sessions (Approx. 1 hour each)

Create your own times and days

Sessions	6-11 ath's	12+ ath's
4	\$60 (\$15/ses.)	\$50 (\$12.50/ses.)
8	\$112 (\$14/ses.)	\$90 (\$11.25/ses.)
12	\$156 (\$13/ses.)	\$120 (\$10/ses.)

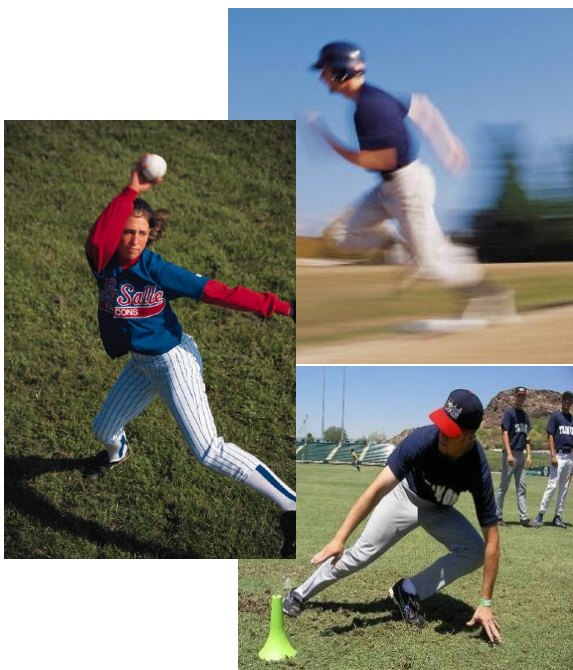
Also available:

1-on-1 training & Team Mates (2+ athletes)

EDGE Speed & Agility training (940) 391-3711 or go to:

www.EdgeSportsFitness.com

21477 N. Western Ave., Edmond, OK 73012 (Next to E.C.A)



EDGE Sports Fitness

Denny Bonewitz
(Strength Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON

