



Release your inner ATHLETE!!

# Baseball

## Sports Performance Training

Help improve athletic performance, prevent injuries and promote longevity through Baseball-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, arm speed, bat speed and MORE...



### X-MAS Break Workouts



\$65/athlete for all 7 days or \$25 per session/athlete

**1-2 PM Daily: 12/21 & 22 (Th. & Fr.) / 12/26-27-28-29 (Tu.-We.-Th.-Fr.) / 1/2/18 (Tu.)**

**FREE Make-ups available: 6-7:30 pm Tu-W-Th / Sat. 10:30-11:30 am**

### EDGE Sports Fitness



#### **Denny Bonewitz**

**(Strength & Conditioning Coach)**  
 UNIVERSITY OF NORTH TEXAS  
 UNIVERSITY OF NEW MEXICO  
 UNIVERSITY OF CALIFORNIA  
 UNIVERSITY OF HOUSTON  
 NIKE COMBINE COACH

#### Also available:

- 1-on-1's / Team Mates (2+ athletes) / 30 & 60 min.
- Team Semester Packages (\$100-\$200/athlete)
- Physio-Therapy / Chiropractic / Massage Therapy
- Cage/Field rental

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



# EdgeSportsFitness.com

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