

# OKC's Strength & Conditioning Headquarters

## Softball Performance Training

Teams & Individuals (24/7) / NCAA Coaching Staff

## Combine Prep & Testing / Cage Rental

See our site for "Semester & Team Pkg's" and \$AVE! (\$100-200 per semester/athlete!)

Recovery services: Chiropractic, Deep tissue laser therapy, Sports massage



*Release your inner ATHLETE!!*

### Improve your:

20/30/60 yd. dash

Speed-Strength-Agility

Hip & shoulder stability

Bat speed / Arm speed

1<sup>st</sup> step reaction and MORE...



### Denny Bonewitz

(Strength & Conditioning Coach)

UNIVERSITY OF NORTH TEXAS

UNIVERSITY OF NEW MEXICO

UNIVERSITY OF CALIFORNIA

UNIVERSITY OF HOUSTON

NIKE COMBINE COACH

SPORTS FITNESS

# EDGE

North OKC / Edmond: 940-391-3711

[EdgeSportsFitness.com](http://EdgeSportsFitness.com)