

Speed, Agility, Conditioning & Strength Workouts

Help get your player in better shape and prime competitive condition!

Summer 2010 (9 Weeks)

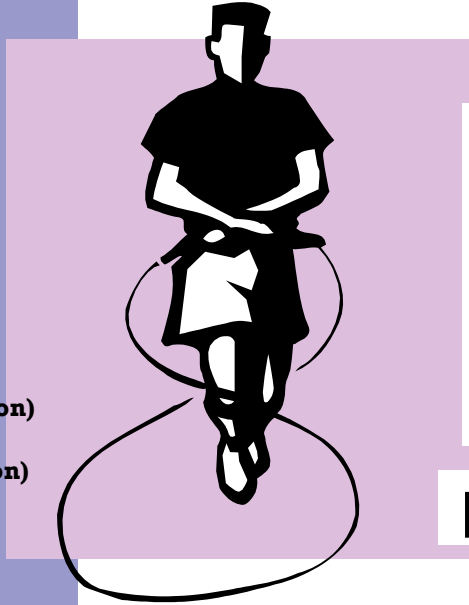
4 Days a Week (Mon.-Thurs.)

7:00am

Fees Based on # of Participants:

- \$ 200.00 for 3-10 participants (\$5.55 per session)
- \$ 180.00 for 11+ participants (\$5.00 per session)

Henry Gutierrez, former Troy University and San Francisco Giant catcher, will teach this class. Henry has vast experience in conditioning athletes. He will be using all types of training equipment to achieve these goals. There will not be any heavy lifting!



**36
SESSIONS**

Increase Speed
Increase Strength
Increase Agility
Increase Stamina
Improve Overall Athletic Condition

Baseball

Softball

Football

Soccer

Cheerleading



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