



Early Offseason Baseball Fitness Class

**Strengthening Key Areas
For Ball Players**

- Arm Care**
- Conditioning**
- Core training**

**5 Sessions
Fridays**

**11/21, 11/28, 12/5, 12/12, &
12/19**

**Ages 8 to 12 From 6-7 pm
Ages 13 to 18 From 7-8 pm
In Cage 1**

**Sign up By emailing
TheCagesports@aol.com
or Call 631-591-9091
\$75 Cost for Sign ups
A's Players \$60
Walk ups \$20 a Session**