



UTAH PRO PERFORMANCE PRESENTS:
2 MONTH BASEBALL SPRING TRAINING CONDITIONING COURSE
will give your ball player the fundamentals and special attention it takes to
maximize performance during competition.

YOU WILL NOT WANT TO MISS OUT ON THIS GREAT TRAINING!
SESSIONS WILL START JAN. 11, 2010

LOCATED AT UTAH PRO PERFORMANCE INDOOR TRAINING FACILITY
3532 GALAXY PARK PLACE
WEST JORDAN, UTAH 84088
801-613-6491
www.utahproperformance.com

- **LEARN TO BE EXPLOSIVE**
- **FLEXIBILITY**
- **ROTATOR CUFF STRENGTHENING**
- **RHYTHM & TIMING**
- **ARM STRENGTHENING**
- **CORE STRENGTHENING**
- **SPEED & AGILITY**
- **LOWER BODY STRENGTHENING**
- **MEDICINE BALL WORK**
- **HITTING DRILLS**
- **FIELDING DRILLS**

COST: \$225 non -member OR \$200 for members:
24 (1 HOUR AND 30 MINUTE SESSIONS)
INCLUDES A FREE SPRING TRAINING T- SHIRT.