

JASON THOMPSON BASEBALL

Presents:

Youth Strength and Conditioning Boot Camp

INSTRUCTED BY:

NASM CERTIFIED PERSONAL TRAINER

Matt Thompson

AGES 11-15

STARTS THIS JANUARY AT JASON THOMPSON BASEBALL

THIS IS AN INTRODUCTORY TOTAL BODY STRENGTH AND CONDITIONING CLASS THAT WILL EMPHASIZE THE CORE MUSCLES. THE CLASS WILL BE CONDUCTED AS A CIRCUIT PROGRAM WHERE SEVERAL EXERCISES ARE PERFORMED WITH LITTLE BREAK.

CLASS TIMES: Every Friday from 5-6pm starting January 8
REGISTRATION RATE: \$20 per session, pay for 5 sessions up front and the 6th is FREE
DROP-IN RATE: \$20 per session

SIGN UP: Please contact Jason Thompson Baseball at (248) 853-BALL

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