

ARM CONDITIONING PROGRAM



Pre-Season Baseball Arm Conditioning & Fitness Training Class

Recommended for players 9-18 years of age!

Designed to Improve

- Arm Strength
- Throwing Mechanics
- Velocity
- Core Body Strength
- Speed
- Balance & Agility
- Endurance
- Focus

January 26-Feb. 21
3x/week (Mon, Wed, Fri)
4:00-5:30 pm

Make this your season!

The MVP program is ideal for **ANY** baseball player interested in building an off/pre-season fitness base and taking their game to the next level. Our unique program provides the player a proven system to improve arm/core body and leg strength while instilling proper mechanics.

register online at mvpband.com

Fees: \$175 (\$200 with MVP Resistance Band...(retail \$45)

18 hours of Professional instruction (for less than \$10/hr)

There is no other program that can compare nor provide the results the MVP Band Clinic has to offer.

Meeting Location: FIT HOUSE-DAVIS - 630 Pena Drive, Ste. 500

Official Registration Form (please complete prior to class)

Name _____ Age _____

Male _____ Female _____ T-shirt Y.Lg _____ Adult S _____ M _____ L _____ XL _____

Address _____ City/State/Zip _____

E-mail _____ Phone _____

NOTE
Drop-In classes are available for \$20/class.

Waiver: I hereby affirm that I am in proper physical condition to participate in the MVP Class and in consideration of this acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release and forever discharge the A Change of Pace Foundation, FIT House, and/or any instructors which may arise from my participation in the MVP Band Class. I understand my entry is non-refundable and non-transferable. Waiver must be signed by all entrants.

CLASS HAPPENS RAIN OR SHINE

Signature (Parent if under 18) _____ Date _____

For Questions or confirmation, please contact: Dave Miramontes at (530) 400-4850