



PERFORMANCE TRAINING SUMMER CAMP

Speed, Strength, Agility, Balance & Dexterity

at

Lifeletics

***Get quicker, faster and stronger with baseball-specific workouts -
find your inner champion!***

Beat out the slow roller... reach the ground ball in the hole... go from first-to-third on a basehit... catch the fly ball in the gap... you CAN get faster, quicker, stronger. Improving speed / strength / agility can be the difference between safe and out - on defense and offense!

Lifeletics' Performance Training Partner:

ATHLETICISM

will be offering Summer Camp small group workouts beginning Monday June 28th, 2010. Choose from two or four workouts per week inside Lifeletics with Athleticism's licensed and proprietary training methods.

Athleticism trains athletes at the deepest, most intricate detail to improve their performance. This is a program with over 50 years of development and unparalleled results and clientele list. Athleticism remains one of the longest standing sports performance programs in the country.

Days/Time:

Mon & Wed / 10:00-11:00am
Tue & Thur / 10:00-11:00am
(attend all four for the biggest value)

Age: 10+

Cost:

\$145 / month - 2/week for 1 month (8 sessions)*
\$265 / month - 4/week for 1 month (16 sessions)*
*Sessions available in July as well