

BASE IT ON SPEED

The Grand Forks Park District and Center Court Fitness Club are proud to offer Pre-Season Baseball & Softball training to help athletes base it on SPEED on the field this season.

BASEBALL/ SOFTBALL TRAINING PACKAGES

A. Athletic Republic Full RTM Pre-Season Training \$315*

This 8-week program consists of pre-testing, post-testing, 12 sessions on the patented Super Treadmill and 6 plyometric sessions. This program is proven to increase linear or sprinting speed, explosive power for a quicker first step or vertical elevation, and active recovery to sustain performance at game speed. *\$365 for non Center Court Fitness Club Members. Contact membership department for information on rates and member benefits 746-2790.

B. Athletic Republic Modified RTM Pre-Season Training \$150*

This is a condensed version of the Full RTM program for athletes that are unable to train 3 times per week. Better results are expected with the full program. *\$200 for non-Center Court Fitness Club members. Contact membership department for information on rates and member benefits 746-2790.

C. Core Agility Classes \$50*

These classes combine plyometric drills, agility drills, footwork drills, eye hand coordination, body awareness and sports specific adaptations. Session dates: Jan. 3-27th or Feb. 7-24th. Athletes can choose between Mon. & Wed. at 4:00pm or Tues. & Thurs. at 3:30pm. *\$75 for non-Center Court Fitness Club members.

D. Individual Strength & Conditioning \$50**

This training package is designed to prepare the athlete for the demands of the season. By integrating strength training, sport specific skill development, and game situation conditioning into a efficient and effective preseason workout. The athlete will meet with a personal trainer 2 times to ensure proper technique and execution of the designed workouts. ** Athlete must be a member of Center Court Fitness Club. See membership department for rates and benefits.

E. Center Court Fitness Club Membership \$18/mth.

This package is a membership to Center Court Fitness Club. As members the athlete will have full use of the weight rooms and group exercise classes to keep up with the demands of baseball & softball season.

All Training Held at Center Court Fitness Club

**For more information and to sign up
contact: Chris Langei or Mike Orr, 746-2790**

