



Sport Specific Training, LLC

SUPERVISED WORKOUT PROGRAM
GET PREPARED FOR YOUR UPCOMING SEASON
AND STAY IN SHAPE DURING YOUR CURRENT ONE

Includes:

Resistance Training
CORE Conditioning
Plyometrics
Agilities
Speed Conditioning
Dynamic Stretching
and much more!

Athletes will improve:

Overall Strength
Plyometric Power
Agility and Balance
CORE Strength
Flexibility
Speed
Endurance

Future Fitness
Sport Specific Training, LLC
525 Burnside Avenue
East Hartford, CT

Phone: 860-614-1937
www.aboutfuturefitness.com
futurefitness02@hotmail.com

TIMES: 1 time a week for 10 weeks

Every Sunday 5pm-6pm starting March 20

LOCATION: CT Baseball Academy, East Hartford, CT

COST: \$120 per athlete (*this means a cost of only \$12 per session*)

MINIMUM GROUP OF 10 PLAYERS NEEDED

Take Your Athletic Performance To The Next Level
