

MVP BASEBALL BOOTCAMP

The MVP Baseball Bootcamp is designed to instill good habits, build a solid arm base and improve core body strength and balance. All of these skills are critical to the improvement to all aspects of the game as well as enabling a player to become a better, more well-rounded athlete.

Get better, faster, stronger.

Proper preparation for any sport requires both a physical base coupled with proper mechanics and balance. Our 4/6 week class provides a player with the necessary tools to create a fitness base for the entire season. Along with many of the exercises that are rarely discussed, taught or implemented to younger players, our MVP Bootcamp will feature the MVP Band arm strength & conditioning program that has been clinically tested by top experts in the field. Be sure to get a jump start on your season and gain an edge over your peers and competitors.

Bootcamp starts on January 11th.

The MVP Baseball Bootcamp will:

- Increase arm strength
- Increase core strength and balance
- Improve mechanics to reduce arm stress/injury
- Increase range of motion, distance and velocity
- Improve running speed and agility

Dates & Times

4 and 6-WEEK SESSIONS:

All sessions start on Monday, January 11, 2010.

Days: Mon. & Thurs., 4:00 - 5:15 PM

Location: Arroyo Field/Patwin School, Davis

Fees:

4 week session: \$125.00

6 week session: \$155.00

The MVP Band - Double Band for Baseball is available for purchase for just \$35.00 to those registered for the 4 or 6 week sessions. (Retail price is \$45.00)

How To Register:

All registration is accepted online with no convenience fee.

Visit: http://changeofpace.com/mvp_fitness_classes.html

Featuring the MVP Band

Our class features use of the MVP Band for Baseball, a resistance band used for strengthening your core, arms, and legs.



Limited to 20

Our class is limited to 20 people per session. Register & secure your spot today!

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