

# STRENGTH & CONDITIONING

**SAN DIMAS  
FAST PITCH WINTER LEAGUE  
PLAYERS GET WORLD  
MEMBER PRICES!**



**GET STRONGER.  
GET ATHLETIC.  
GET FOCUSED.**

## STRENGTH & CONDITIONING

**MON-FRI: 5p-6p**

This class focuses on basic movements. We'll get beginner athletes moving, while letting them have fun while they learn.

Monthly rate .....\$60/player

## GROUP & TEAM SESSIONS

Perfect for a group or team to workout and bring out the best in each athlete. Depending on the age, we'll establish different goals and execute programming specific to the team's needs.

Hourly rate .....6-9 players: \$15/Player

10+ players: \$10/Player

## UNLIMITED MONTHLY PASS

Single Pass .....\$60/\$51\*  
 Buddy Pass (2 people) .....\$40 each/\$35\*  
 Family Pass (immediate family only) .....\$40 1st/\$35\*  
 \$20 2nd/\$17\*  
 \$10 each additional/\$8.50\*

Package Plan:  
 Single Pass .....\$150 for 3 months  
 Drop-in Rate .....\$10/day  
 \$20/week

\*MEMBERSHIP  
PRICING



**REGISTER IN OUR STRENGTH & CONDITIONING PROGRAM.**

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