

Baseball

In-season and Off-season Sports Performance Training

Help improve athletic performance, prevent injuries and promote longevity through Baseball-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Improve hip and shoulder stability, 1st step reaction and MORE...

Team Packages

1-20 Baseball-Specific sessions (Approx. 1 hour each)

Create your own times and days (Available 24/7)

Team	6+ athletes	10+ athletes
1 session	\$15 / ath.	\$10 / ath.
5 sessions	\$70 / ath.	\$48 / ath.
10 sessions	\$130 / ath.	\$90 / ath.
20 sessions	\$240 / ath.	\$170 / ath.

[FREE Make-ups available with our](#)

[Sport Performance Training \(SPT\) Group Classes](#)

Choose times and frequency from our schedule

Age: 8-12 yrs. 5-6 pm M-Tu-W-Th

Age: 13+ yrs. 6-7:30 pm M-Tu-W-Th / Sat. 10:30 am
(Available year-round & Monthly unlimited packages)

Also available:

1-on-1's / Team Mates (2+ athletes) / 30 & 60 min.

Team Semester Packages (\$100-\$200/athlete)

Physio-Therapy / Chiropractic / Massage Therapy

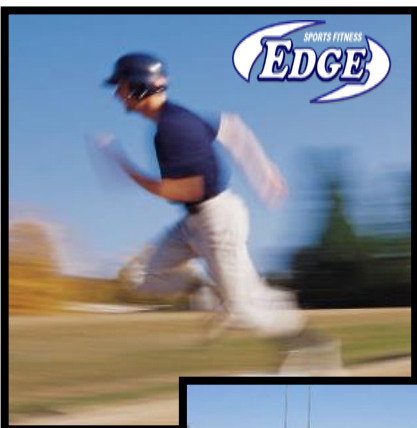
Cage/Field rental

EDGE Sports Fitness

Denny Bonewitz

(Strength & Conditioning Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON
NIKE COMBINE COACH



EDGE Speed & Agility training (940) 391-3711 or go to:

EdgeSportsFitness.com

13816 Santa Fe Crossing Dr. / Edmond OK 73013

