

# Power Pitching & Hitting, INC



## Fall / Winter MEMBERSHIP PROGRAM

Introducing our  
NEW BASEBALL/SOFTBALL MEMBERSHIP  
PROGRAM!

This program is the most comprehensive membership program offered as far as a membership for Baseball & Softball Training. Because of our Extensive knowledge in Power Training for Baseball and Softball, we now offer a place where you can work out and become the best player you can be! Our membership is limited so act now!

### Pricing:

\$40 per month  
3 Months for \$99

No Hidden Fees Like A  
Gym and Workout  
Baseball/ Softball  
Specific !

### Membership Includes:

- Use of Pitching Mounds
- Use of Batting Cages
- Use of Pitching Machines
- Cardio Equipment
- Russian Kettlebell Training
  - Abdominals
  - Medicine Balls
  - Agility Ladder
  - Agility Steps
- Bands for Rotator Cuff Exercises
- SledgeHammer/ Tire Training For Power
- Experienced Staff to help you along
  - Chance to work out with Professional Players (yes we currently have 15 professionals working out in our facility on a membership program)
- Use of our Cutting Edge Radar for Bat Speed training and our Velocity Throwing Program
- Use of our Weighted Balls for Arm Strength

### Here's how it works!

**Our facility is small but we do many lessons and clinics.**

**Everything is scheduled ahead of time. To offer a membership that is fair we offer an off peak membership to all who join.**

**This way you the member are not wrestling with our instructors for the mounds or batting cages! What we do is have you call us ahead of time to make sure there is room so we do not overpack the place. We set up off peak hours for you the member so that we can be fair to our Private Lessons and our Members! We Hope to see you soon working out!**

### FALL TIMES

(until December 31<sup>st</sup>)

**Monday Through Wed.  
and Friday  
3 to 9**

**(no Thursday)**

(Please CALL AHEAD FOR TIME SLOT. NO WALK INS ALLOWED)

**Saturday and Sunday  
Call For Time**

### WINTER TIMES

January 1<sup>st</sup>

**Monday, Tuesday,  
Wednesday**

**3pm to 5pm - 8pm to 10pm**

**Friday**

**3 to**

**9**

(exceptions for team rentals)

**Saturdays and Sundays  
Early Mornings and Late  
Afternoons Around our  
Lesson Schedule)**