

UNDER ARMOUR.



PERFORMANCE CENTER

the **BASEBALL**
WAREHOUSE

TEAM TRAINING PROGRAM

Team training sessions are designed to **build power, increase speed**, and address **commonly injured areas** of the body to keep athletes in the game and assist them in *crushing their goals*. Start training alongside **highly-skilled** strength coaches with your teammates for the ultimate *accountability-based TEAM*.



PRICING

4 TEAMMATES - \$35/SESSION
5-6 TEAMMATES - \$30/SESSION
7+ TEAMMATES - \$25/SESSION

TRAINING TIMES

DETERMINED BY TEAM/TRAINER AVAILABILITY
2 TRAINING SESSIONS PER WEEK
4 WEEK TRAINING COMMITMENTS

SIGN UP: EMAIL ANSHEL MOSKOWITZ AT ANSHEL@FXSTUDIOS.COM