



“THERE MAY BE PEOPLE THAT HAVE MORE TALENT THAN YOU, BUT THERE’S NO EXCUSE FOR ANYONE TO WORK HARDER THAN YOU DO.”
-DEREK JETER

Strength/Conditioning & Speed/Agility

Amy Posadas, PT

Due to exceptional success shown in results on the field, DTJ Sports Academy and Amy Posadas PT, are offering yet another (5th in a row) session of strengthening, conditioning, mobility, injury prevention, and team sportsmanship classes. These drills are geared towards baseball & softball players, but open to anyone; so take your game to the next level.

Next Session starts June 27th for an 8-week session at \$120 total \$20/night at the door; discounts for teams/siblings (No class on July 4)

Mondays 6-7pm

DTJ Sports Academy

Call/email Amy to register

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