



# ELITE ATHLETE TRAINING PROGRAM

A background image showing several baseball players in blue and red uniforms practicing in a gymnasium. They are holding yellow softballs and appear to be in the middle of a training session.

# ELEVATE YOUR GAME.

Our custom programs are for athletes looking for sports-specific strength and conditioning, led by our team of world-class coaches and trainers.

We've trained athletes, from middle school through the pros to get to the next level by improving their **STRENGTH**, **POWER**, and **SPEED** that show real results both on and off the field!

**REGISTER BEFORE OCT 12** **FIRST TWO WEEKS FREE**

AVAILABLE AT TBW OF FOREST HILL, HUNT VALLEY & OWINGS MILLS

SIGN UP AT [FXSTUDIOS.COM/TBW](https://fxstudios.com/tbw)  
OR EMAIL US AT [AOBRIEN@FXSTUDIOS.COM](mailto:AOBRIEN@FXSTUDIOS.COM)

*Sessions available for athletes ages 11 and up. 15% total discount on all Sports Performance training for families with multiple siblings. Training sessions expire 60 days after purchase.*