



## **8 WEEK- STRENGTH AND CONDITIONING WORKOUT PROGRAM**

January 4 - February 22, 2010  
Monday and Friday Evenings  
6:00 p.m - 8:00 p.m.

Program will include:

Core Workout  
Medicine Ball Drills  
Jaeger Banding Program  
Speed and Agility Drills

**\$275 per player**

Open to all age groups, boys and girls

To register visit: [www.catch-allbaseball.com](http://www.catch-allbaseball.com)

Or call (209) 948-1997 for more information



Featuring  
Oakland A's Pitching Prospect  
Justin Friend